

# WICCA BOOK OF HERBAL SPELLS

A BOOK OF SHADOWS FOR WICCANS, WITCHES,  
AND OTHER PRACTITIONERS OF HERBAL MAGIC



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# Wicca

## Book of Herbal Spells

A Book of Shadows for Wiccans, Witches, and Other  
Practitioners of Herbal Magic

By Lisa Chamberlain

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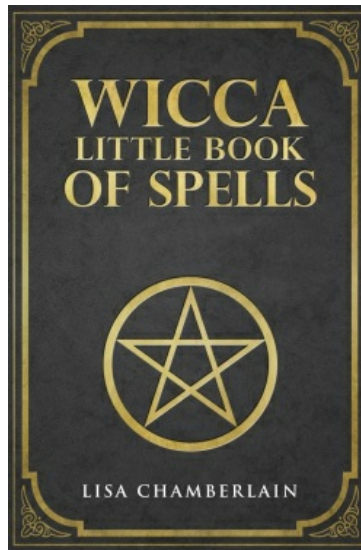
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The book is ideal for any Wiccans who want to start practicing magic. It contains a collection of ten spells that I have deemed suitable for beginners. [You can download it by clicking here](http://www.wiccaliving.com/bonus). I hope you enjoy it.



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# INTRODUCTION

Welcome to the *Book of Herbal Spells*! Herbal magic is a wonderful form of magic to practice, as it keeps Witches literally in touch with the powers of the Earth—not to mention the Sun, the rain, and the wind!

This collection of spells, rituals, and other workings is devoted to the magical energies of the plant kingdom, and can be used on its own, or as a companion to *Herbal Magic*. Each spell is relatively simple and suitable for beginners to magic, yet can inspire more seasoned practitioners as well.

Complex spells with multiple ingredients can be very enjoyable and certainly serve a purpose. However, I find that zeroing on one or two ingredients can really hone my focus, and help me get better acquainted with herbs that are new to me.

In that spirit, single herbs are often the focus of these spells, with minimal additional ingredients, in order to help you deepen your own magical relationships with these powerful herbs. In fact, the spells are even organized by herb, rather than by purpose or form, in order to give you an opportunity to work closely with individual herbs, one at a time.

For readers of *Herbal Magic*, all 13 herbs will be familiar, though some new information about each is featured here, in addition to the new spells. Other readers, depending on experience level, may be acquainted with some of these herbs, while other ones might be new.

Most of these herbs can actually be found in the spice section of any grocery store. Only a few—elecampane, mugwort, hibiscus and dandelion—might require a bit more searching, but they can definitely be found in natural food stores and cooperatives, as well as at metaphysical stores and online.

For people new to magic, a few practical tips are worth reiterating here. First, please note that the instructions for each spell assume that you have already charged your ingredients for the magical purpose you are working for.

Methods for charging tend to vary according to what it is you're working with, but if you're not sure how to proceed, you can use a standard method that works for most anything: lay the herb or other object on an already-charged pentacle, and speak words of intention related to the spellwork you'll be doing.

Depending on your practice, you might invoke the Goddess and God, the Elements, or other spiritual energies you work with. If you haven't yet learned to charge ingredients, research and try a few different methods for charging various tools, until you find what feels most appropriate for you.

Second, know that the amounts and proportions listed for each spell are general suggestions—there's no need to measure out *exact* teaspoons or tablespoons, unless you find that doing so adds energy and focus to the spell. Otherwise, a rough estimation of the listed amount will do—as always, go with your gut instinct!

As for candles, which appear often in these pages, some spells include instructions for what to do with the candle when the spell is over, while others do not. If it's left unspecified, you can choose to leave the candle burning or snuff it out gently (with a candle snuffer or by waving your hand). You can use the candle again for atmospheric lighting, or for repeats of the same spell, but avoid reusing candles for different spells altogether.

Finally, always remember that no matter the quality of your ingredients, how well you charge them, or how well you follow the spell instructions to the letter, your state of mind is the chief factor in any successful spellwork. Approach a spell with doubt that it will work, and you've pretty much guaranteed that it won't! Approach it with anxiety, and you're likely to get mixed results or no results at all.

The most successful magic is done from a place of calm centeredness and with very focused intent. So always do whatever you need to do to get grounded, whether that's through meditation, visualization, breathing techniques, a ritual circle-casting, or all of the above.

Many of these spells include reminders to spend time quieting your mind, but it's up to you to take this step. It is ultimately *your* energy that's shifting the reality of the Universe, so shape it well and use it wisely!

It is my hope that you find many useful gems in this herbal Book of Shadows, and develop your own magical practice using the gifts granted to us all through the abundant generosity of our beloved Earth.

Blessed Be.

# Basil

As many Witches are well aware, basil is as versatile in magic as it is in the kitchen. This aromatic herb has long been used for medicinal and culinary purposes in places around the world. A beautiful annual, with its waxy green leaves and purple or white flowers, basil makes a wonderful addition to your garden or window sill and a powerful herbal ally for your magic spells.

In India, where it is known as tulsi (or “holy basil”), basil has been cultivated for over 5000 years, and it is believed to have been native to Asia, growing as far east as China. Basil was also well known to the ancient Egyptians, Greeks and Romans.

The Latin name for basil is *basilicum*, which comes from the word “basilisk”—the great serpent from ancient mythology that was said to be the king of all snakes. The Romans believed that basil was the only cure for anyone unfortunate enough to be bitten or stung by the basilisk, a superstition not far from the truth, as basil does actually have properties that relieve bites and stings from insects.

In medieval Europe, people used basil for a variety of love-related purposes, such as to determine whether a new lover would be faithful, to encourage attraction, and to soothe arguments. Continuing this tradition, basil remains one of the most commonly used herbs for love spells today. Witches also use it for luck, wealth, happiness, harmony, courage, fertility, protection, and exorcism. Basil is associated with the Element of Fire, and the planet Mars.

Today, many people enjoy basil in Italian and Southeast Asian cuisine, and the herb is easily found in both fresh and dried form in just about any grocery store. Basil is a hardy herb, so even those with rather less-than-green thumbs may want to grow their own and have the many benefits of basil available straight from the garden (or window sill).

In this chapter, you will learn how to use basil for wealth, protection, love, and courage.

## **Spell for Attracting Money into Your Life**

Sometimes, no matter how well we plan, emergencies happen and ends don't quite meet. Unexpected medical costs, family emergencies, a change in employment....life can definitely throw the occasional wrench in our finances!

This simple spell helps boost your money-attracting powers to smooth out any financial wrinkles caused by unexpected events, but it's useful for any time you feel you need a little bit of extra cash. The basil leaf, with its money-attracting energies, lends its power to your personal energy.

The work begins with a quick clearing of the mind, allowing any negative thoughts that may be lurking there to be released so that they don't block your intentions from manifesting. Of course, this is a good step to take before working any magic, but it's specifically called for here in case you're actively worrying about the situation at hand, which would definitely interfere with the energy of the spell.

### **You will need:**

- 1 fresh basil leaf
- 1 green candle
- Purse or wallet

### **Instructions:**

Begin by taking three deep breaths. Inhale slowly through your nose, and exhale fully, releasing any negative thoughts or emotions.

Light the candle and place your purse or wallet in front of you on your altar or work space.

Hold the basil leaf between your palms and visualize a green light surrounding your purse or wallet. Let the green light wash over you as well.

Imagine your purse or wallet full of money. See yourself opening your purse or wallet to find it full of coins and bills. When you have this image firmly in your mind, say the following (or similar) words:

*“Sweet basil, with energy divine,  
bring the money I need to me, right on time.”*

Now, open your purse or wallet and gently place the basil leaf inside.

Gently extinguish the candle by waving your hand over it or using a candle snuffer. You can reuse the candle for general atmospheric lighting, or to repeat this specific spell at a later date.

Let the leaf remain in your purse or wallet for up to one week.

Be careful not to stress about how the money will show up in your life, as this interferes with the manifestation. Let the Universe sort out the “how” for you!

## **Clearing the Mind of Inadequacy Issues**

We live in a fast-paced, competitive world, which can take a toll on self-esteem and self-confidence. At one time or another, anyone can feel like they don't really know what they're doing—even those who seem so well put together on the outside!

If you're dealing with a bout of the "inadequacy blues," this spell will help you clear the negative energy from your mind and get on with pursuing your dreams. With a little help from the astral realm, we can return to a balanced, confident, capable state of mind and the awareness that we can handle any obstacle life brings our way!

Herbal lore tells us that basil is a potent tool for clearing the mind when it is blocked by feelings of helplessness. Basil can help you regain your confidence, and give you the courage, strength and stamina to rise up and meet any challenge head on. In fact, as a first name, "Basil" means "brave and valiant." Use this spell to help you get in touch with your own courageous energy.

### **You will need:**

- Basil essential oil
- 1 teaspoon olive oil
- Small dish
- 1 black candle
- Hand-held mirror

### **Instructions:**

Before the ritual, mix a teaspoon of olive oil with a few drops of the basil essential oil in a small dish.

Begin by lighting the black candle.

Take three deep breaths. Inhale slowly through your nose, and exhale fully, releasing any negative thoughts or emotions.

Allow the energy of the black candle to rid you of any negativity in your mind or in your energy field.

Hold the mirror in your hand and gaze into your own eyes.



Gently anoint the mirror frame with the basil oil, beginning at the top and working your way around clockwise.

Each time you place a small dab of oil around the frame of the mirror, repeat the following chant:

*“I know who I am and I am enough.”*

Continue the chant as many times as you need until a warm, fresh energy flows over you.

Gently extinguish the candle and allow this new energy to infuse you as you carry on with your life.

You can always repeat the spell if you find yourself needing another boost of self-confidence.

## **Bringing Reconciliation to an Established Relationship**

While new romantic relationships often bring a whirlwind of excitement and passion that keeps both partners feeling harmoniously toward each other, more mature relationships can easily fall into energetic ruts that lead to discord.

Once the “shine” wears off and people aren’t as motivated to be on their best behavior, carelessness and neglect can creep into the day-to-day lives of even the truest of loves. Of course, all relationships require a bit of maintenance from time to time, but for a real love that lasts, a bit of magical intervention is well worth it.

Basil’s energetic properties can be harnessed to bring about the peace and happiness we seek when an established relationship loses its harmonious glow. Even the scent of fresh basil is said to cause sympathy to form between two people. This spell will help you to reconnect and reconcile with your love.

### **You will need:**

- 1 white candle
- 1 envelope
- Red pen
- Several small slips of paper
- 3 fresh basil leaves

### **Instructions:**

Light the white candle, and take a moment to meditate on the positive qualities of your relationship.

Think about times that have been harmonious and full of ease. What details or specific feelings do you recall about those peaceful moments? What did you love the most about these times? What qualities did these times bring out in your partner that you most admire?

Using the red pen and slips of paper, write down as many details, impressions or qualities of those memories as you can.

Place them one at a time in the envelope.

When you're finished, place three basil leaves inside the envelope, and lick and seal it.

Hold the envelope in between your hands and say the following (or similar) words:

*“My love for you is the sum of all of this goodness and more.  
Harmony between us is restored.”*

Place the envelope near the candle and allow the candle to burn out on its own.

Then keep the envelope in a visible place where it will remind you of the positive characteristics and qualities of your lover.

If possible, this spell can be modified to include your partner so that you can do it together. This is especially ideal for couples who live together.

Each of you should write several qualities that you find important and special in the other person and place the slips of paper into the envelope.

Repeat the words of the spell together, then place the envelope where you both can see it.

## Spell for Welcoming the Start of a Relationship

If you're an intuitive person, you've almost certainly been in this situation at least once: you meet someone new, notice a spark between the two of you, and can just tell that something is about to happen.

For most of us, this sets in motion a period of heightened awareness, a bit (or a lot!) of fantasizing about the other person, butterflies in the stomach, and many other signs and symptoms of an oncoming romantic relationship.

This period of time can be fun, but also truly challenging, especially when you just really want to know how it's all going to turn out. It can be very tempting to try to help things along with a little magic.

The less enlightened magical practitioners among us might simply cast a spell to make *sure* that the initial spark turns into an exciting romance. However, the all-important principle of "*harm none*" comes into play here.

It is actually harmful to interfere with someone else's free will by casting love spells that attempt to control how they feel. If you think about it, you probably wouldn't want the same done to you!

What's more, relationships that arise from successful manipulative love spells are doomed to fall apart sooner or later, since the feelings they are based on are not true and pure. Who wants to deal with the drama of a magically manipulated relationship when authentic, healthy and honest relationships are so much better?

This spell provides an alternative method for making the most of the spark you've recently discovered, without getting into less-than-ethical territory. The intention is to declare to the Universe that 1) you are receptive and ready for a romantic relationship, and 2) you desire that the connection with this new person manifests according to the highest good for all involved.

Of course, this means that you're open to the possibility that this spark will *not* evolve into a relationship. But since welcoming the start of a relationship is the focus of this spell, you are still setting an intention to find new romance. You never know—it could be that this new person actually ends up introducing you to your next love, who ignites an even bigger spark! The point is to focus on *what* you want, rather than *who* you want, and let the Universe take care of the details.

**You will need:**

- 3 sprigs of basil
- 1 pink ribbon
- Small vase
- Cup of water

**Instructions:**

Visualize yourself confident and at ease around the person with whom you are hoping to start a relationship. Imagine the two of you in as much detail as possible, sitting side by side in a sunny location.

Breathe deeply and summon a feeling of peace and ease around this person.

Pour water from the cup into the vase.

Now take one sprig of basil and place it into the vase and say, *“My authentic self shines through in this new connection.”*

Place the second sprig of basil in the vase and say, *“My authentic self resonates with the authentic self of the one I love.”*

Place the final sprig of basil in the vase and say, *“This new connection serves the highest good of all involved.”*

Now, wrap the pink ribbon around the three sprigs of basil.

Spend a few moments imagining how you want to feel in your next relationship, but keep the focus on yourself, rather than on the person you’re hoping to be with.

Hold the vase in your hands and say, *“I welcome the start of this new relationship, for the good of all and harm to none.”*

Make sure the vase has plenty of fresh water each day.

When the sprigs begin to droop or turn brown, take them outside and scatter them over the Earth.

## Bay Laurel (Bay Leaf)

Used widely as a flavor boost for soups and sauces, the leaf of the bay laurel tree is also a useful ally in magic. In fact, this herb is often referred to simply as “bay leaf,” since this is the main part of the plant utilized in both cooking and spellwork, though the bark is sometimes used in medicinal healing.

Historical records show us that bay was sacred to Apollo, the Greek god of healing. Ancient myths tell of how Apollo fell desperately in love with the nymph Daphne, daughter of Earth goddess Gaia and river god Peneus. When Daphne did not return Apollo’s feelings, because she had vowed to remain unmarried, Apollo appeared to be ready to pursue her forever.

She asked her father for help, and he turned her into a bay tree to keep her safe. Apollo declared that if he could not marry Daphne, he would honor her tree forever, and he gently harvested some of the bay tree’s leaves to decorate his magical harp and to wear as a crown. Thereafter, the bay leaf was a symbol of devotion and of victory, as seen in many paintings depicting ancient Greek society, where highly respected people often wore crowns of laurel.

Bay laurel was also worn for protection against vengeance from angry gods, and for the healing properties attributed to it by some ancient physicians. This dual reputation for protective and curative powers lasted well into the Middle Ages, when bay leaves were used in spells to protect people from the plague, as well as from negative magic of all kinds.

Bay laurel is associated with the Element of Fire and the Sun. Its magical purposes include money, good fortune and success, as well as healing and purification. The wide, flat shape of the leaf makes it excellent for writing wishes on in spellwork. Bay is also used in many protection spells, as well as for divination and clairvoyance.

Below, you’ll find spells to bring about prophetic dreams, athletic success, protection from psychic attack, and banishing negativity from the home.



## **Prophetic Dream Sachet**

Dreams are considered the gateway to the subconscious. In our sleep, we are often more open to messages from the Universe than we are in waking life. Yet it can be difficult to remember our dreams, or to make much sense of them even when we do remember, as they can often seem trivial or nonsensical. This is especially true when we're living very busy lives with a lot on our minds.

But even if this is the case, you can improve the clarity of your dreams and your ability to recall them with a regular habit of recording your dreams first thing in the morning. And you can even set an intention to receive knowledge of future events through your dreams, which this spell will help you do.

This spell draws on bay leaf's association with divination and clairvoyance, encouraging an open channel between your dreaming brain and any messages that may be waiting for you in the etheric realm. However, the writing component is as important as the spellwork itself, as it's only through recording and reflecting on these dreams that you can start to see patterns, make observations, and take any necessary actions that will bring about positive change in your life.

Train yourself to begin writing as soon as possible after waking, recording everything you remember, as connections can emerge from seemingly random details. Over time, the habit of recording your dreams will also help you remember more and more.

This spell is best done regularly over the course of several weeks, or until you've established a regular habit of remembering and recording your dreams. If you find that you've gone more than a few days without any significant dreams, try repeating the spell.

### **You will need:**

- 3 bay leaves
- 1 small drawstring bag
- Silver ribbon
- Journal or notebook
- Pen (or pencil)

### **Instructions:**

Begin by sitting in bed.

Place the bay leaves, small sachet, and silver ribbon on a tray or nightstand.

You may want to do some meditating, drink some calming tea, or any other activity that helps your brain prepare for sleep.

When you're ready, hold the bay leaves between your palms and speak aloud your intentions for the night's dreams.

If there is a specific situation you want assistance with, such as an issue with work or a loved one, clearly define your question. You can also just ask for general guidance.

Once you've made your request, place the bay leaves inside the drawstring bag and tie it with the silver ribbon.

Place the bay leaf sachet under your pillow and go to sleep.

Keep the journal and pen near your bed so that you can record your dream first thing after waking.

## Athletic Success Spell

Whether you're running a marathon, competing in an intramural sports league, or simply wanting to establish a new workout routine, this spell can kickstart the energy you need to achieve your goal.

Traditionally, bay laurel is the herb of athletic power, and the fulfillment of wishes for glory in victory. The color red is associated with vitality, strength, competition and courage, making the candle an important component to the work.

Try this spell on the eve of any important event involving physical activity.

### You will need:

- 1 bay leaf
- Red candle
- Small heat-proof glass dish
- Permanent marker

### Instructions:

Light the candle and spend a few moments visualizing a successful outcome to your endeavor. This may mean being the first to cross the finish line, holding a winner's trophy, or just walking out of the gym feeling energized and refreshed.

Now, choose an action word—a verb—that represents the essence of the activity you're partaking in. It could be “run,” “focus,” “breathe,” “win,” or any other word that holds power for you and makes you feel motivated.

When you have your word, use the marker to write it on the bay leaf.

Hold the leaf over the candle flame and say the following (or similar) words:

*“For the good of all, with harm to none  
my victory is already won.”*

Now carefully ignite the leaf and place it in the small glass dish to burn.

Inhale the aroma and visualize yourself calm, focused and energized as you undertake your athletic activity.

Leave the candle to burn out on its own.

Sprinkle the ashes of the bay leaf onto the Earth.

## Protection from Psychic Attack

The phrase “psychic attack” can refer to many different things, up to and including harmful magic aimed at a specific person. While the belief that one has been “cursed” by another is generally regarded as old-fashioned superstition, the resurgence of interest in magic in the 21st century means that this is, unfortunately, a real possibility.

Yet most of the time psychic attacks are unintentional, caused by hostile or otherwise negative feelings on the part of people we’re having some sort of conflict with. A psychic attack can also result from simply being in the vicinity of impersonal, unattached negative thought forms, such as those found in places where tragedies have occurred.

Witches tend to be extra sensitive by nature, and are therefore able to detect negative energies that may be hanging around, whether or not we have any clue as to the source. If you’ve been feeling negatively affected by some kind of outside influence, try wearing or carrying this charm, which combines the protective energies of bay leaf and the number six.

If you can, take a purifying ritual bath to remove any unwanted energies around yourself before working this spell.

### **You will need:**

- 6 bay leaves
- 1 black candle
- Small drawstring bag

### **Instructions:**

Light the black candle and visualize all negativity being sucked up by the flame of the candle and disappearing.

When you sense that your magical space is free of negativity, take a bay leaf in your hand and hold it up.

While drawing a circle around yourself with the leaf, say the following (or similar) words:

*“From the divine powers of the Earth and Sun, this leaf is my shield and my protection.”*

Place the bay leaf inside the drawstring bag.

Repeat this with each of the remaining leaves.

When all six leaves are in the bag, hold it above your head and visualize the leaves casting a white sphere around you as protection from any harmful energy.

Each day, pin the charm to the inside of your clothing or carry it in your pocket until you feel that protection is no longer needed.



## **Banishing Negativity from the Home: A Group Spell**

This spell is for roommates or family members who have been experiencing frequent arguments, moodiness, or any other kind of disharmony around the home.

Of course, if there are active interpersonal conflicts causing the negativity, these will need to be resolved through honest and respectful dialogue. You may find that this is more easily achieved after working this spell together, or you may need to discuss the issue(s) first and then work the spell.

No matter what the situation, it's important that every member of the group is fully willing to participate in the work. If someone is going along with it reluctantly, their energy is likely to weaken the effects of the spell.

### **You will need:**

- 1 dried bay leaf per person
- 1 small slip of paper per person
- 1 6-inch length of pink thread per person
- Small drawstring bag
- Pink marker
- Work candle (optional)

### **Instructions:**

Begin by having all the members of the household come together in a small circle.

Light the candle, if using.

Collectively count three deep breaths to relax and focus the energy of the group.

Passing the marker from person to person, each will use it to write their name on their slip of paper.

After all the names are written down, each person will gently roll their slip of paper with their bay leaf and tie it with a length of pink thread.

This is done one person at a time, while the rest of the group visualizes the person feeling safe and at peace within the house.

Once everyone has rolled and tied their paper and leaf, have each person place theirs inside the drawstring bag.

Pull the bag closed after all the leaves are in.

Once again, pass the bag around to each person in the circle.

Have each person hold it between their palms and say, *“I am held in light and love within this house.”*

While doing this, each person should visualize a pink glow around the circle, concentrating on safety and love.

When everyone has held the bag and spoken, hang it near an entrance to your home where all will be reminded of this special group working.

# Chamomile

The tiny, daisy-like flowers of the chamomile plant have long been recognized for their magical, medicinal and cosmetic properties. Of course, Witches frequently use chamomile in the same way most other people do—to unwind with a cup of chamomile tea—but there are plenty of other uses for this delightful herb as well.

Chamomile was first cultivated in ancient Egypt, where it was used as a cosmetic, a cure for fever, and a key ingredient in embalming fluids used for the pharaohs. The ancient Greeks called this herb “chamaimēlon,” meaning “Earth apple,” for its low-growing height and mildly sweet fragrance.

The Saxons called it “maythen,” and included it among their nine sacred herbs. The ancient Norse added chamomile to shampoo to brighten their hair. In Medieval times, chamomile petals were strewn around at social gatherings to create a pleasant odor, and chamomile was even used to flavor beer before hops were adopted for that purpose.

As an herb associated both with the Sun and the Element of Water, chamomile has unique dual powers. For example, you can both balance your vital energy and calm your mental stress with chamomile tea or essential oil. Similarly, in any spell that requires a psychic clearing of the space to remove unwanted energies, chamomile serves a double function—to drive away negativity and replace it with the powerful brightness and sustaining strength of the Sun.

While chamomile is primarily known for its ability to promote healing and peaceful sleep and reduce stress, it has several other magical uses, including love, purification, prosperity, and good luck in gambling. This herb is also known as an all-around spell booster, making it a good candidate for substitutions if you’re wanting to work a particular spell but don’t have the exact ingredients.

In this chapter, you’ll learn to use chamomile to magically decrease your stress, boost your luck, release old emotional baggage, and get much-needed rest during challenging times.

## **Energy Reset Spell**

Chamomile's dual energies of Fire (planetary association) and Water (Elemental association) make it an excellent tool for neutralizing unpleasant energy and increasing positive feelings simultaneously.

In this meditative spell, the calming attributes of chamomile tea are harnessed, but with a twist—the herb is applied to closed eyes rather than imbibed. Of course, you can always enjoy a nice hot cup of chamomile to help you balance your energies, but try this spell at least once as well—you'll be amazed at how well it “resets” your mind!

### **You will need:**

- 2 chamomile tea bags
- Washcloth or small towel
- Medium-sized bowl
- Warm water
- Journal or writing paper (optional)
- Work candle for atmosphere (optional)

### **Instructions:**

Light the candle, if using.

Place the tea bags and washcloth in the bowl.

Heat some water (no need to bring it all the way to a boil) in order to warm the tea bags.

While you wait for the water to warm, make a mental list of positive feelings you want to bring into your life at this time. For example, you may be struggling to find patience or forgiveness regarding a specific situation, or you may just want to feel peaceful and serene.

Next, make a mental list of the things that you would like to release from your life, such as frustration, stress, anxiety, negative thoughts, etc. You may want to write these lists on a small slip of paper to help you recall them in the next step of the spell.

Once the water has begun to steam, pour it over the tea bags and washcloth and let them soak until they are warmed throughout, but not too hot to touch.

Find a comfortable place to lie down or sit in a reclined position with your eyes closed.

Place one tea bag over each eye and gently drape the washcloth across both eyes so that it also touches your forehead and the bridge of your nose.

Take a few deep breaths, and then begin the transmutation of negativity into positivity by releasing what you want to be rid of on the exhale, and attracting what you want to feel on the inhale, using the lists you made earlier to guide you.

Each time you breathe in say (aloud or silently to yourself), “*I bring [patience] into my life.*”

Each time you exhale, think or say “*I release [needless worry] from my life.*”

You can try moving completely through each of your lists, or you might feel drawn to focusing on one particular set of words. Follow your intuition here—what do you really need to release, and what do you truly want to attract?

Once the tea bags and washcloth have cooled, remove them from your face.

Take a deep breath, inhaling all the positive feelings and experiences you have focused on and bring your renewed sense of peace with you for the rest of the day.

## **Lucky Sevens: A Spell for Games of Chance**

It is well known that many gamblers and gamers employ lucky charms to increase their mojo. Traditionally, washing one's hands in chamomile-infused water is believed to lend good luck to the gambler.

Whether you're planning a trip to the casino, or just heading out for a friendly game of poker with friends, give this spell a try. Just be sure not to use the dice in any actual game, as you don't want your lucky charm to absorb other peoples' energies.

Instead, keep them in your pocket as you play. And be sure to share at least a small portion of your winnings with someone else, as this will increase your luck for the next occasion!

### **You will need:**

- 1 chamomile tea bag
- Hot water
- Medium-sized bowl
- Hand towel
- Pair of dice

### **Instructions:**

Before the ritual, place a pair of dice face up on your altar that add up to seven (1 and 6, 2 and 5, or 3 and 4).

Brew a cup of pure chamomile tea and let it cool to the touch.

Carefully pour the chamomile tea into a medium sized bowl while visualizing a white or silver light flowing around your body.

When the water in the bowl is cool enough, place your hands in it and rub them together vigorously.

Visualize yourself in the situation in which you want to be lucky. See yourself having a good time, and smiling as you carry off your winnings.

If you want to increase the abundant energy of the spell, imagine how you will share some of those winnings with others—whether by buying a round of drinks, leaving a very generous tip at a restaurant, or donating a little to charity.

When you have finished with your visualization, dry your hands on the hand towel and immediately pick up the dice.

Hold them between your palms and say the following (or similar) words:

*“Lucky sevens, lucky dice,  
winning always feels so nice.  
Lucky sevens, lucky pair,  
as I win, I also share.  
So mote it be.”*

Place the dice in your pocket or purse and bring them to your gambling event.

## **Releasing Negative Energy from an Ended Relationship**

The end of a relationship is rarely simple. Even if it ends mutually and on good terms, negative or otherwise unresolved energy from past relationships can linger for months or even years.

After a relationship ends, many people experience feelings of insecurity, anger, sadness or simply disappointment. This is a normal part of the grieving process, but some people find themselves unable to move on even after a reasonable amount of time has passed.

This spell uses the calming, clarifying power of chamomile to help you release any lingering relationship negativity so you can regain your full sovereignty, independence and strength. You may want to do some journaling in preparation for this work, especially if you sense that there are unexamined issues surrounding your feelings about the relationship.

### **You will need:**

- 1 light blue or violet candle
- 1 cup hot chamomile tea
- Small strip of paper
- Journal or writing paper (optional)
- Fire-proof dish

### **Instructions:**

Light the candle and prepare the tea.

If necessary, do some journaling about the feelings and thoughts you wish to release.

You can begin drinking the tea as you write.

When you feel you've arrived at a point of clarity, write your name and the other person's name on the strip of paper.

Hold the mug of tea in both hands and breathe in while saying to yourself, *"My mind is clear."*

On the exhale, visualize the all unwanted energy leaving your spirit and mind. You may want to visualize your thoughts and feelings about the relationship as a dark grey cloud and blow the cloud away.



Now set the mug down and take the strip of paper in your dominant hand.

Ignite it with the candle flame and drop it into the fire-proof dish to burn out.

As you do so, say out loud, *“I am letting my relationship with [name of person] go now.”*

Continue to sip your tea until it’s finished, and then gently extinguish the candle.

Scatter the ashes from the strip of paper onto the Earth or into a running stream.

## Peaceful Sleep Sachet for Difficult Times

At times of peak stress, quality sleep is more vital than ever. But of course, these are often the times when sleep is hard to come by. Chamomile's restorative, peace-bringing properties, along with its ability to dispel negative energy makes it an excellent herb to rely on when the going gets rough.

If you can't find a drawstring bag in light blue, you can sew your own sachet from any light blue cloth. Try to use light, breathe-able fabric in order to make the most of chamomile's scent. The essential oil is optional, but if you have or can purchase it, it will boost the effectiveness of this spell enormously.

It's ideal to work this one as close to bedtime as possible—even while sitting in bed, if you can. But by all means, don't let timing considerations stop you from creating this very useful spell craft!

### You will need:

- 3 tablespoons dried chamomile flowers
- Small light-blue drawstring bag or square of cloth
- Chamomile essential oil (optional)

### Instructions:

Prepare for sleep as you normally would, then spend a few moments taking long, deep breaths, focusing on the inhalation and exhalation until your mind has quieted some.

Fill the drawstring bag with the dried chamomile flowers and buds.

If using, tap three drops of chamomile essential oil into the sachet.

Inhale gently and allow the earthy, sweet scent of the chamomile to further relax you.

Press the sachet between your hands and gently roll it to release more of the chamomile scent.

Say the following (or similar) words three times:

*“Peaceful sleep, stress be gone, gentle rest until the dawn.”*

Place the sachet next to your pillow and lie down.

Relax your legs, arms, shoulders, hands, neck, and jaw.

Visualize yourself being suspended by a light blue mist, which supports and envelops you as you sink into a deep relaxed state and then drift into a peaceful sleep.

# Cinnamon

Cinnamon is another herb commonly found in our kitchens that actually has a long history of both culinary and magical importance. Anyone familiar with its pungent taste and scent will probably not be surprised to learn that cinnamon is associated with the Sun and the Element of Fire, but it's actually also an Air herb, lending it more versatility than you might suspect.

Like chamomile, cinnamon was used in the embalming process of the ancient Egyptians. It was also burned as an incense in the temples of the gods, a custom that continued in the temples of ancient Greece and Rome. For hundreds of years, Arabic peoples transported cinnamon from its native Asia to Europe, all the while keeping its origins a secret, in order to maintain high prices for the coveted spice.

Traders crafted tall tales about the dangers of obtaining the exotic sticks of cinnamon, which were said to be guarded by huge falcon-like birds or terrifying giant snakes. The rarity and price of cinnamon made it a status symbol among Europeans all the way up to the 16th century, and the discovery of new routes for acquiring cinnamon and other exotic spices was a chief goal of explorers like Columbus.

Fortunately for us, cinnamon is now widely available, not just as a spice but as an incense and an energetic ally in meeting various magical goals. Its aphrodisiac qualities make it excellent for spells involving love and the libido, and ancient texts from Europe, Egypt, and China note its power to draw in happiness.

Cinnamon is also an excellent ingredient in spells to increase your financial and personal prosperity, as these successes are also linked to the bright-hot power of the Sun. Many Witches add a piece of cinnamon stick to magical sachets aimed at manifesting success, money, protection and more, as its fiery properties can add an extra “kick” to just about any working.

Finally, the powerful heat of cinnamon is strong in its ability to shine positive light into dark corners—whether of a physical dwelling or of the mind. As such, this herb is perfect for banishing stagnant negativity and providing protection.

In this chapter, you will find spells using cinnamon to consecrate your ritual

tools, improve the energy of your living space, and bring about healing.

## Winter Hearth and Home Charms

In Northern climates, we spend more time indoors during winter than any other time of year. This makes it especially important to have positive energy in the home.

These festive decorations are reminiscent of Yule and the warm, cheerful essence of the holiday season. Pine cones carry the cleansing, protective and healing attributes of the pine tree and add joyful energy to the home. The scent of cinnamon evokes warmth and coziness—just the things you want to experience when sheltering from the cold, dark weeks of winter.

Hand-gathered pine cones from the outdoors are ideal, but if need be you can purchase them from a craft store.

### **You will need:**

- Large bowl
- 3-5 pinecones
- White glue
- Paint brush
- Powdered cinnamon

### **Instructions:**

Before you begin, take a moment to appreciate the earthy and pungent scents of the pine cones and cinnamon.

Say some words of gratitude to the Earth for her bounty. You might say, *“Thank you, Mother Earth, for providing me with these beautiful pinecones from your evergreen trees.”*

Use the paint brush to cover one pine cone with the glue while focusing on your intention for a peaceful, happy environment in your home.

Once the cone is sufficiently coated with glue, sprinkle on the cinnamon.

Place in an upright position to allow the pine cone to fully dry.

Repeat with each successive pine cone, continuing to visualize joyful, peaceful feelings.

When all the pine cones are cinnamon-coated and dried, place them in a large

bowl.

Take a moment to hold the bowl in your hands as you picture joyful, serene energy circling your home.

Say the following (or similar) words:

*“Hearth and home on winter’s night  
Filled with joy and peaceful light.”*

Place the bowl in a room in your home where the pine cones will be visible. Alternatively, you might spread them throughout the house, placing one pine cone in each room.

## **New Home Blessing and Protection Spell**

Most people are aware of the benefits of smudging a new home with sage, lavender, and/or other herbs before moving bringing in their belongings. But it's also important to "set the tone," energetically speaking, once you've unpacked and begun to settle in.

Think of this spell as putting the "finishing touches" on your new dwelling place, as you both protect your space and call in beneficial, joyful energies.

### **You will need:**

- Cinnamon essential oil
- White vinegar
- Funnel
- Spray bottle
- Sponge or cloth
- White candle
- Portable candle holder

### **Instructions:**

Mix one cup of water with ten to fifteen drops of cinnamon oil and pour it into the spray bottle with the funnel. Fill the remaining portion of the spray bottle with white vinegar.

Place the white candle in a safe, portable holder so that you are able to carry it around the house with you.

Light the candle as you visualize your entire home being suffused with white light.

Beginning with the door you use most to enter the house, spray the sponge or cloth with the cinnamon mixture and wipe down both sides of the door.

Visualize yourself creating a magical barrier between your home and any unwanted energies.

Repeat this process as you walk around, in a clockwise motion, to spray and wipe each door and window frame in your home.

When you have finished with all the doors and window, sit quietly for a moment and envision a white light connecting all windows and doors,



enveloping your entire house and protecting it.

You may want to say the following (or similar) words:

*“Within these walls, I am protected, blessed, and joyful.  
So let it be.”*

Leave the candle in a safe place to burn out on its own.

## Blues-Banishing Spell

There are many physical remedies and preventive strategies—such as healthy diet and exercise—to address mild depression. But adding in a bit of magic can go a long way toward lifting you out of a case of the doldrums. This spell draws on cinnamon’s bright, sunny aspect, in combination with the clearing powers of its Air aspect, to help you realign after a slump.

If you can, play some relaxing music or nature sounds while working this spell. It isn’t strictly necessary, but sound therapy is a powerful healer and should be taken advantage of if at all possible!

### You will need:

- 1 stick or cone of cinnamon incense
- Incense holder
- Yellow spell candle
- Relaxing music (optional)

### Instructions:

Find a place to sit or lie down where you can relax and will not be disturbed.

Light the candle and the cinnamon incense.

Say the following (or similar words) aloud:

*“I choose to release any unwanted feelings and raise my vibration to a higher frequency.”*

Now, close your eyes and take some time to concentrate on the earthy, pungent smell of the cinnamon.

Visualize yourself surrounded with a happy, loving white light.

Take long, slow deep breaths and see any sadness or anxiety as a thick smoke that releases from your body as you exhale.

On the inhale, bring in the strong white light and allow it to infuse your whole body.

Continue this visualization until you feel significantly lighter, or until the candle has completely burned away.

Repeat daily as needed until you're back in balance on the physical, emotional and spiritual levels.

## **Cinnamon Anointing / Consecration Oil**

While it's a fun and time-honored art to create your own magical oil blends, the DIY route isn't always practical, especially for Witches just starting out in the Craft. This simple, "single serve" recipe is a nice alternative for those without the time or supplies needed to create and store a more complex, longer-lasting batch. Cinnamon's vibrant energy and powerful scent makes it a great choice for a single anointing oil, whether you're using it in a candle spell or to consecrate your ritual tools.

Since you won't be storing the leftover oil (unless you have a very small bottle!), you may want to make the most of it by consecrating several objects at once. You might make a practice of gathering all your magical tools around you at the beginning of each season of the year to re-focus your energies, re-consecrate your tools, and bless and consecrate any new additions.

### **You will need:**

- 1 teaspoon olive oil
- 3 drops cinnamon essential oil
- Small dish
- Ritual tools / magical items

### **Instructions:**

After gathering the items you wish to consecrate, place the small dish at the center of your table or altar.

Mix three drops of cinnamon essential oil and the olive oil in the dish and gently stir to combine.

As you do this, visualize yourself as a conduit of energy between the Universe/the Goddess and God/the spiritual realm (however you understand "higher power") and the oil itself.

Take a few moments to breathe deeply and quiet your mind.

When feel ready, begin consecrating your tools.

Hold each object one at a time in your hand.

Dip your finger in the oil and touch it to your object while you say the

following (or similar) words:

*“In the light of the Sun and Moon,  
in the name of the Elements of Earth, Air, Water and Fire,  
in the presence of Spirit,  
of the Goddess and the God,  
I dedicate you to divine purpose.  
Blessed Be.”*

Repeat this process with each object.

When you're finished, take a moment to align your energy with your objects.

Imagine your energy as a gentle, glowing light, radiating from you to surround each object until it also pulses softly with your energy.

When you feel this has been accomplished, return your tools and other magical items to their proper places.

# Dandelion

Dandelion, from the French “dent de lion,” or “tooth of the lion” is in our modern times considered a “weed,” and many homeowners despair every year as the bright yellow heads threaten to take over the lawn. But this ubiquitous herb actually has amazing magical, medicinal, and yes, even culinary powers.

Up until a decade or so ago, dandelion was never associated with food, but finally the discovery of the dandelion leaf as a delicious addition to salads has become fairly widely known. This same leaf, along with the root of the plant, is also an excellent diuretic and cleanser. Teas and tonics with dandelion will cleanse the kidneys and liver in particular, and detox soups made with dandelion will help with bloating and other digestive difficulties. The sap from the stems can even be used to cure warts!

Magically, dandelion is known as an herb of “wish fulfillment,” perhaps at least in part due to the age-old tradition of making a wish and then blowing on the seed head (or “puff”) of an old white dandelion. It is also strongly associated with psychic powers, divination and the spirit world. Dandelion tea is imbibed to increase psychic ability, aid in divination and in bringing on prophetic dreams.

Perhaps in recognition of their ease of propagation, and the fact that it is one of the earliest signs that Spring has arrived, many Pagan traditions associate dandelion with growth and transformation, with adaptability, and “blooming where you are planted.” Dandelion is associated with Jupiter and the element of Air.

Dandelion is a great illustration of the benefits of listening to your own true voice, and allowing yourself to become confident in your magical abilities. Magic at its best will cause you to see the world with magical eyes. So the next time you see a dandelion patch in your yard or in a field, let go of the notion of “pesky weeds” and embrace this mighty yet humble gift of Nature for what it is—an ally in pursuit of health, wisdom, and happiness.

In the following pages, you’ll find spells to help you find balance, increase psychic clarity, release unwanted habits, and make a wish come true.

## Wish-Granting Spell

Dandelion has long been known as the wish-fulfillment herb. This simple, elegant spell is meant to be tailored to most magical goals, though it helps to be realistic if you want to see success.

In other words, wishing for a million dollars to show up on your doorstep tomorrow is unlikely to produce results. Wishing for extra money to come from an unexpected source, on the other hand, is likely to succeed, provided you have sufficient focus on your intention. For those just starting out with magic, this is a great spell to “start small” with, in order to build your confidence.

Choose an herb and a color with magical associations related to your goal. There are plenty of resources out there to help you with this, including this guide, if you need correspondence information.

### You will need:

- 1 spell candle, color corresponding to your wish
- ½ teaspoon dandelion root
- ½ teaspoon herb corresponding to your wish

### Instructions:

Spend a few quiet moments visualizing your wish having already manifested. How will you feel when this magical goal is met? Focus on calling up feelings of joy, excitement, gratitude—whatever feels appropriate, depending on the nature of the wish.

Arrange the wish-associated herb in a circle, moving clockwise around the candle holder, continuing to visualize your goal. Then arrange the dandelion root in an outer circle (also clockwise).

Now, light the candle as you say the following (or similar) words:

*“[Name of herb] and dandelion, so enchanted  
As the candle burns, my wish is granted.”*

Leave the candle to burn out on its own. Sprinkle the herbs outdoors, over the Earth.

## Psychic Clarity Spell

At some point or other, we all experience dilemmas that we can't find an immediate solution for. The mind often goes into analytical overdrive at times like this, as we draw on our instincts for problem solving, to no avail. Eventually, the mind can create so much "noise" over the issue that it's impossible to think clearly, let alone be open to intuitive ideas that might be available to us from the spiritual plane.

Dandelion has long been known to assist in opening and clarifying the third eye—the seat of intuition. This spell will help you quiet the "monkey mind" and open up to psychic messages.

Although prepackaged dandelion tea has become increasingly available, it's ideal to use loose, dried and cut dandelion leaves (available at many natural food stores) for this particular spell. You can place them in a tea strainer, or—even better—brew them loose and leave them to sink to the bottom of the mug.

### You will need:

- Purple, lavender, blue or silver candle
- 1-2 teaspoons dried dandelion leaves
- Tea strainer (optional)
- Mug
- Journal or writing paper

### Instructions:

First, let go of your need to have an answer to your problem right this minute. This may seem counter-intuitive, but if you are to be open to messages from the invisible realms, you need to be calm and in a receptive mode.

Light the candle and prepare the tea.

Allow the leaves to steep for five to ten minutes.

Take several deep breaths to relax and focus.

Before taking your first sip of tea, say the following (or similar) words:

*"I am open to all possibilities.  
I trust my guides to show me the way*



*In perfect timing, and for the good of all.”*

Now you may begin to reflect on your situation, but do so with an open mind and trust that the solution will eventually become clear.

Talk to the spirit realm, whether this means the Goddess and God, the Universe, your personal guides, or however you understand a higher power. Speak aloud if possible.

You will find that thoughts will come into your consciousness. Do not reject anything out of hand—simply explore the ideas with an open mind, no matter how silly or strange you think they might be. If you like, write down anything that feels even remotely significant.

If, by the time you’ve finished the tea, nothing has crystallized for you yet, simply extinguish the candle and let go of the issue. Return to your written notes in a day or two, and see what is starting to make sense. You may have to wait a few days to get your answer.

In the meantime, you can continue to relight the candle over successive nights until it is spent.

## Sun and Moon Balance Spell

Human beings live such busy lives; sometimes it seems we should be called “human doings,” for we often forget to take the time to *be*. Too much activity, without the counteracting energies of rest, can lead to all kinds of physical, emotional and even spiritual imbalance, though.

It’s important to balance these masculine, yang, Sun energies with the feminine, yin influence of the Moon. On the flip side, too much yin energy can lead to lethargy and stagnation, so it’s important to have the counterbalancing energy of action.

Dandelion is considered a symbol of balance due to its dual appearances. It resembles the Sun when in flower, and the white globe of the Moon when it becomes a seed head. This spell draws on the energies of dandelion, the Sun and the Moon to help you assess your state of balance and what you might do to improve it if need be.

### **You will need:**

- Silver candle
- Gold candle
- Dandelion flower petals
- Piece of paper
- Pen
- Envelope

### **Instructions:**

Place the piece of paper on your altar or table.

Draw a line down the middle of the page.

Label one side “Sun (Activities)” and the other “Moon (Relaxation).”

Place the gold candle on the Sun side and light it. Take a moment to reflect on all the things that you do in terms of work, social life, family, and any other commitments you have. Write them on the Sun side of your list.

Place the silver candle on the Moon side and light it. Take a moment to reflect on all the ways you relax and care for yourself, both in solitude and with others. Write them on the Moon side of your list.

Take a moment to meditate on the balance of this list. Where might you need to increase or decrease your activity or relaxation in order to bring harmony into your life? How might you make some adjustments in order to achieve better balance?

When you are done, fold the paper and place it in the envelope.

Sprinkle dandelion petals inside, giving silent thanks to the flower for its balancing energies.

Seal the envelope with a drop of silver and gold wax from the candles.

In two months or so, return to your list and see what changes have been made in your life.

## **Spell for Letting Go of an Unwanted Habit**

Many Wiccans, Witches, and other magic practitioners say that as their practices have developed, they've felt less and less comfortable with "bad" habits that they've had for a long time. When you find yourself ready to face the challenge of expelling an unwanted habit from your life, dandelion's properties of transformation and adaptability can help.

This spell helps you to focus your mind, crystallize your thoughts and feelings around the habit, and visualize the benefits of living free from its grip. The color black is traditionally associated with banishing unwanted influences.

The fact that dandelion appears in early spring makes it a symbol of cleansing and renewal. Obviously, you will only be able to work this spell in spring and summer months, and you'll need to find dandelions in their "puff ball," or seed head stage. But these factors, requiring an extra degree of planning, only contribute to your committed intention for the goal.

This spell is ideally performed outdoors on a calm day, but you can also work near an open door or window if need be.

### **You will need:**

- Black candle
- Candle holder safe for outdoor use
- 1 or more dandelions in seed head stage

### **Instructions:**

Take a few moments to breathe deeply and calm your mind.

Ideally (if you're outdoors), place your hands on the grass or dirt, and feel the steady presence of the Earth as you breathe.

Light the black candle and hold a dandelion in your hand.

Take a moment to reflect on the habit you wish to release.

Consider how feeling bound by the habit affects you. As you call up these negative feelings—guilt, shame, helplessness, etc.—surrounding the habit, imagine placing them on the head of the dandelion as you hold it.

Allow your magical self to infuse the dandelion with all that you want to be rid of in relation to this habit.

Take a deep breath and say the following (or similar) words:

*“I transform into who I wish to be.  
I adapt to necessary changes.  
I am free from unwanted behavior.  
Blessed Be.”*

Take another deep breath and blow away the white dandelion puff, imagining the unwanted habit breaking up into all of its negative associations and effects, scattering to the wind, never to bother you again.

You may wish to repeat this a few times, depending on the severity of the habit and the number of dandelions you were able to gather.

When you have finished, collect the stems of the dandelions and bury them back into the Earth.

You can repeat this spell as many times as you need.

# Elecampane

Also known as scabwort, elf dock, wild sunflower and velvet dock, elecampane was known with great affection by ancient Roman poets as “inula,” a name believed to be related to the Greek name “Helenium.” Indeed, legend associates it with Helen, wife of Menelaus, who had her hands full of this herb when Paris stole her away.

Another legend states that it sprang from the tears Helen wept during this abduction. Pliny the elder noted that, when chewed, inula fortified the teeth. An Ancient Latin saying proclaims: *Enula campana reddit praecordia sana* (“Elecampane will the spirits sustain”). And apparently medieval monks agreed with this sentiment, as they favored elecampane as a cordial!

In Victorian London, elecampane was sold in a candied cake, recommended for soothing asthmatic complaints. In modern herbal medicine, elecampane can be a powerful stimulant for those suffering from respiratory problems, as it reaches deeply into the lungs, allowing the body to thin out infections and fight them more effectively.

Similarly, on a spiritual level, elecampane is a powerful herb for openings, as it penetrates through old, rooted griefs so they may be processed and released. The root in particular is very useful for initiating the first stages of healing.

Witches have traditionally used elecampane in spells for protection against disease, to promote good luck, and to attract healthy love relationships. It is also an excellent assistant for enhancing communication with the spirit world. Linked with the planet Mercury and the element of Air, elecampane can stir things up and offer a new beginning after experiences of grief or despair, especially when one has been in those lower vibrational states for an extended period of time.

The spells in this chapter use elecampane to help you connect with Elemental spirits, open up to new love, ease homesickness, and clear your work environment from negative energy caused by gossip or other ill-intentioned communications.

## **Spell to Ease Homesickness**

This spell is good for those who have recently moved and are missing their old friends, family, routines and patterns. Getting accustomed to a new living environment takes time, and “homesickness” can flare up often, and over a longer period of time than you might expect. This is especially true if the move wasn’t desired, but had to occur due to career or family reasons.

Elecampane root’s soothing energies can help to heal the emotional upheaval of being uprooted from one’s home. This spell helps shift the mind from a focus on what has been lost to a focus on what can be eternally appreciated about the people and places one has left behind.

Note: this spell involves a more elaborate method for herb burning than the typical incense sticks or cones. Use extra caution with each step below. You can find self-igniting charcoal at metaphysical stores or online.

### **You will need:**

- 1 teaspoon dried elecampane root
- Small cauldron or other fire-proof dish
- Sand
- Self-igniting charcoal
- Long-reach lighter or long-reach matches
- Photo(s) of missed friends/family/place
- Several small sheets of paper

### **Instructions:**

Light the candle and place your photo(s) on the altar or other working space.

Pour enough sand into the cauldron to make a half-inch layer.

Place the charcoal in the center and light one edge with the long-reach lighter or match. Once it sparks, leave it to self-ignite across the surface.

Carefully place the elecampane root in the center of the charcoal.

Take a few moments to visualize yourself spending time with someone you miss. What are the characteristics that you appreciate most about this person? Identify at least three memories involving this person that make you smile every time you recall them. Finally, what do you like about yourself when

you are with this person—in other words, what qualities do they bring out in you?

Now, write down at least six things that came to mind, whether these are qualities or specific memories about the person.

Fold the paper in half three times.

Waft the paper through the smoke, but do not let it ignite.

Say these words each time it passes through,

*“We will always be together, whether near or far. I allow this spell to  
brighten my heart.”*

Repeat with each person—or place—you’re missing, until your heart feels light and your sadness has passed.

You can send your loved ones the notes from your visualization if you wish, or keep them for yourself as magical mementos.



## **Elecampane Divination Tea**

Traditionally, elecampane has a strong association with what some called “other-kind”: elves, faeries and elemental spirits. Many people have experienced a stronger connection with the “Otherworld” in general—be it spirit guides, angels, deities, or whatever one personally connects to for guidance and advice—when drinking an infusion of elecampane root prior to or during divination activities.

On its own, elecampane tea is quite bitter, so you’ll likely only want to use 1/4 teaspoon of the cut root and sweeten the tea with plenty of honey.

If your divination is related to a specific question or area of your life, you might choose a corresponding candle color, such as red or pink for love, or green or brown for abundance. Black, white and violet are associated with divination in general, so these make great choices as well.

### **You will need:**

- Pillar candle (any color)
- ¼ teaspoon plus additional pinch of elecampane root
- Honey
- Tea strainer (optional)
- Tarot deck, oracle cards or runes
- Journal or writing paper (optional)

### **Instructions:**

Prepare the tea, saving a pinch of the elecampane root for an offering to the faeries.

Steep the tea for 3 to 5 minutes, strain out the root, and sweeten to taste with the honey.

Light the candle and spend a few moments quieting your mind as you sip your tea.

When you feel ready to begin your divination, take the pinch of elecampane root and sprinkle it over the candle so that at least some of it lands on the flame (but not enough to extinguish the candle).

Say the following (or similar) words:

*“I welcome the wisdom of the spirit world, and thank my guides for their presence at this time.”*

Now, begin your divination.

Write down any significant messages for later reference.

The candle may be gently extinguished and used again for divination at a later time.

## **Sachet for Opening Your Heart to Love**

Sometimes we can be damaged by past relationships, be they destructive or just disappointing. Even after we recover from initial heartbreak, fear can leave us closed off to new possibilities for love, ultimately leading to a stagnant or stuck place when it comes to moving on.

On the one hand, we may want to reach out for new connections, but on the other we are still rather closed off. But love always involves an element of risk, so if you want a new relationship, you'll need to be willing to let go of lingering fears.

Elecampane is a powerful herb for openings, both physically and spiritually. This spell can help you open yourself up to the new possibilities that are always just around the bend, regardless of what seems possible at the moment.

### **You will need:**

- Pink candle
- Elecampane flowers
- Pink cloth
- Needle and pink thread

### **Instructions:**

Place the elecampane flowers, cloth, needle, and thread on your table or altar.

Take some time to sit quietly and breathe deeply.

As you breathe in, imagine a bright white light filling your body.

As you exhale, imagine all stress, tension and any emotional pain leaving your body, allowing more and more space for the light from the next inhale to come in.

Light the candle, focusing your intention on allowing love to enter your life.

Place the flowers on the cloth and fold it into a neat bundle or sachet.

Using the needle and pink thread, sew the cloth closed along the edges and sides.

As you sew, see each stitch representing the possibility of love entering and

growing in your life. There is an endless number of stitches possible, just like there is endless potential in your life (and in yourself) for love.

When you have finished sewing, place the sachet in front of the candle while saying the following (or similar) words:

*“Spirit of elecampane, open my heart.  
Release all pain and grant me fresh start.  
So let it be.”*

Leave the candle to burn out on its own.

Carry the sachet with you in your purse, or keep it in a space where you will see it often and be reminded to keep your heart open to new love.

## **Anti-Gossip Workplace Protection Spell**

The energy of gossip is inherently negative, as it feeds on our lower vibrational frequencies and ultimately creates an atmosphere of general distrust. In the workplace, gossip disrupts efficient teamwork and sabotages what might otherwise be an enjoyable working environment. This spell helps keep the vibrational energy of your workplace free from the human tendency toward gossip.

Of course, if you are one of the gossipers (and most of us have been, at one time or another!), then the spell will not be effective. Be conscientious about ridding yourself of this destructive habit first, and then you will be energetically ready to protect the entire workplace, for your own peace of mind as well as that of your colleagues.

Since it may not be possible to physically walk around your place of employment in a meditative state sprinkling herbs on the ground, this spell is designed to be worked remotely from your home—but if you're able to do it at your actual workplace, all the better! If working remotely, prepare around your actual workplace a day or two before the spell. Observe as many small details as you can, building up in your mind a clear and detailed image of the space you will be focusing your magic on.

### **You will need:**

- 1 teaspoon elecampane petals or powdered elecampane root
- Paper and pencil (if working remotely)
- Black candle

### **Instructions:**

Light the candle, and draw a floor plan of your workplace on the paper. Don't worry about getting all the correct proportions or drawing completely straight lines—simply create a visual representation of the place, allowing your imagination to fill in the details.

Now, in your mind (or literally, if you're able to work the spell in person), “walk” the perimeter of the area that you want to protect from gossip.

As you walk, sprinkle elecampane petals or the powdered herb along the perimeter.

Visualize the sprinkled herb creating a protective barrier against negative words. See the barrier bounce the words back from where they came, not allowing any negativity inside.

When you have completed walking the perimeter, take a moment to visualize all the gossip flowing out of the area which you have protected.

When you have completed your visualization, drop a small a pinch of the elecampane petals or powdered root onto the candle flame.

Save any unused elecampane to use again when you need to reinforce the barrier between you and negative gossip.

# Hibiscus

This lovely plant with its large, trumpet-like flowers is actually part of an extensive family—there are over 200 species of Hibiscus. The one we are most familiar with in Western culture is the tropical hibiscus. This beautiful equatorial plant, associated with the planet Venus, has been linked with all things feminine for thousands of years.

In Hindu worship, the hibiscus is an offering to both the powerful Goddess Kali, known for the ferocity of her love for her children as well as her ferocity in battle. A Hawaiian woman who wears a hibiscus in her hair is signaling her availability for marriage, according to which side she wears the flower on.

In Greek, the name is *hibiscus rosa-sinesis*, or “rose of china.” In Singapore, it is called *bunga raya*, or “flower of celebration.” In the Indian traditional system of medicine, Ayurveda, hibiscus is used in multiple concoctions to cure a variety of ailments including hair loss, anemia and skin inflammation. Today, the tea has become popular as a way of boosting vitamin C, aiding digestion, and healing the liver.

In ancient Egypt, hibiscus tea was actually forbidden to women because of its ability to induce lust. Wiccans and other magical folk have also noted this tendency, and have used hibiscus in spells to bring on passion, love and lust.

Associated with the Element of Water, hibiscus is also excellent for gently encouraging inner sight and strengthening clairvoyance. The petals are particularly good for scrying—the art of looking for images in water or on other surfaces to gain answers to questions and insight into the future.

Because hibiscus strengthens psychic abilities, it is an attractant to good spirits and a protection against negativity and malevolence. The following spells will show you to how to use hibiscus to try your hand at scrying, reconnect with your inner self, attract romantic love, and restore balance to your feminine side—no matter what your gender.

## **Flower Petal Scrying Bowl**

This spell uses the watery properties of hibiscus to strengthen your natural powers to see beyond that which you normally perceive with sight, sound, smell, taste and touch.

If you perform this scrying ritual regularly, you will begin to notice patterns and meaning that you did not see at first. To get the most out of this work, record your impressions in writing, even if you think they are unimportant or nonsensical at the time.

### **You will need:**

- Handful (approximately ¼ cup) hibiscus flower petals
- Wooden bowl
- Water
- 2 white votive candles
- Journal or writing paper

### **Instructions:**

Begin by visualizing a sphere of white light surrounding you and your magical space.

State your intention that only messages from positive, beneficent energies will be received.

Spend a few moments quieting your mind.

When you are ready, place the wooden bowl in the middle of your altar, on a table, or on the floor.

Light each votive candle and place it on either side of the bowl.

Extinguish all other lights so that only the candles remain.

Pour in the water until it reaches close to the top of the bowl and sprinkle the hibiscus leaves on the surface of the water.

Sit quietly and allow the water to begin to settle as you breathe.

Inhale and count to four, then exhale and count to four.

Close your eyes and repeat this process until you begin to feel very relaxed.



State the purpose of your magical work out loud.

You might say, for example, *“It is my will to see the best way forward regarding my situation.”*

If you’d like to scry in a more general way, just to see what you will see, you might say something like, *“Love and light, Blessed Be. Show me what I need to see.”*

Allow yourself to gaze into the bowl of water as your eyes and mind relax.

Let various images arise in the water and petals. Do not judge the images, or try to explain them. Just observe and let them flow into your vision.

When you feel you are done, record your experiences and thoughts in your journal.

## Peaceful Wholeness and Well-being Bath Spell

We all know that “me time” is important for refreshing our hearts, spirits and bodies. Here’s a gloriously relaxing spell you can do with minimal preparation, in the comfort of your home, surrounded by the cheering essence of hibiscus as you re-connect with your larger self and sense of wholeness.

Note: depending on the type of tub you have, loose hibiscus flowers may leave a stain, though this usually washes away after a shower or two. You may want to test a small area with a wet hibiscus flower first. Use a mesh bag or cheesecloth if you’re concerned about staining, and be sure to use a strainer to keep your drain clear when draining the tub afterward.

### You will need:

- 2 tablespoons hibiscus petals
- Sea salt, Epsom salt, or other bath salts
- Indigo or deep blue candles
- Mesh bag or cheesecloth (optional)

### Instructions:

Place the indigo candles around the bathroom and bathtub and light them.

Turn on the water and run a warm bath.

While the bath water is running, allow yourself to just be. Focus on the light from the candles, hear the running water, feel the warmth of the room, and allow yourself to begin to feel more connected to things around you.

When the water is ready, place the hibiscus petals in the bath while stating, “*I am whole. I am connected to everything around me and throughout the Universe.*”

Step into the bathtub and allow yourself sink down into the warm water.

Meditate on what is harmonious and peaceful about yourself. Remain still and quiet, and simply be.

When you are ready, emerge from the tub, dry off, and blow out the candles.

Take this amazing feeling of wholeness with you throughout your day, or enjoy a peaceful night’s rest.

## Ignite Your Love Life Spell

This fun spell combines the passionate energy of hibiscus with the spark of the Element of Fire. Do use caution, as with any time you put your fingers in the vicinity of a candle flame.

If you can't find dried hibiscus leaves, look for dried petals large enough to be pinched between your fingers as you hold them to the flame, without burning yourself! Make sure the bowl is large enough to accommodate several smoldering leaves at once.

### You will need:

- Heat-proof bowl
- 14 large dried hibiscus leaves (or very large petals)
- Red spell candle
- Pink spell candle
- Journal or writing paper

### Instructions:

Place the red candle and the pink candle on either side of the small dish and light each one.

Take a moment to visualize a warm light swirling in pink and red around you. This is the light of attracting love and courage, strength and friendship—key qualities in any relationship.

Now make a list of 14 qualities and characteristics that you would like to attract in a partner. Divide the list up so that 7 of the qualities are more associated with the color red (passion, lust, courage, energy, etc.), and 7 are more related to pink (friendship, love, compassion, partnership, etc.). Don't overthink this, though, or try for perfect symmetry—just go with your gut.

Choose a quality from the “red” list, and then carefully ignite a dried hibiscus leaf using the red candle. Drop the leaf into the dish and say, *“I now bring a lover with [name the quality].”*

Now do the same with the “pink” list, only say *“partner”* in place of *“lover”* when you drop the ignited leaf.

Continue to alternate between the red and pink candles, placing each leaf or

petal in the dish, until you have ignited each leaf.

Allow the hibiscus to smolder until it goes out on its own, and allow the candles to burn out on their own.

When the ashes and bowl have cooled completely, bury the ashes in your yard.

## **Divine Feminine Inner Goddess Ritual**

At first glance, this spell may appeal more to women than men, but it's actually appropriate for all genders. We all have masculine and feminine aspects, and these two energies can become imbalanced in a fast-moving, action-oriented world.

In Western society, men and women often find that they're expected to stifle their emotions, rush from moment to moment without taking time for reflection, and prioritize material gains over spiritual needs. While the energy of the masculine certainly serves a vital role, too much of it leaves people (and the planet) depleted and out of balance.

The hibiscus flower, always associated with femininity and beauty, is a potent visual and spiritual reminder of the divine feminine. Here it helps you to realize, remember, appreciate and celebrate all the wonderful aspects of yourself that reflect the divine feminine.

### **You will need:**

- Floating candle
- Bowl, cup or small cauldron of water
- 2 teaspoons dried hibiscus petals
- Journal or writing paper

### **Instructions:**

Place the floating candle in the water and set the journal or paper in front of you.

Light the candle and take a few moments to quiet your mind.

When you feel ready, sprinkle some of the petals into the water surrounding the candle.

Sprinkle most of the rest around and over the writing paper and say the following (or similar) words:

*“As above, so below,  
the Goddess dwells within.  
I proudly connect my heart and soul  
with the divine feminine.”*

Now, reflect on any experiences you've had, either recently or further back in time, where you felt the feminine qualities within you either repressed or rejected by others.

For women, this may take the form of overt sexism. For men, it may have been a time when speaking from your heart would have been extremely taboo. Whatever the experience was, now is an opportunity to balance that energy by allowing your true feminine side to be expressed.

Write about the experience(s), identifying whatever it was that was rejected or repressed in the past.

Now re-imagine this experience in a way that allows you to express that feminine energy with a full sense of sovereignty, connected to your whole self. See yourself saying what it is you wanted to say, or doing what you wish you had done.

Rewrite the story on the paper and cross out the original version.

Fold the paper 13 times (the number of the Divine Feminine) and waft it through the candle smoke, repeating the above words.

Then bury the paper in your yard and sprinkle the remaining hibiscus petals over the spot.

# Lavender

Native to the Mediterranean region, lavender has been utilized for medicinal, magical and even domestic purposes across many cultures for thousands of years. For example, Roman soldiers used the wild-growing herb to wash their clothes and perfume their bathwater. This continued into the Middle Ages, when washer women were called “lavenders.”

A member of the mint family, this alkaline plant has antiseptic and astringent properties. Lavender pastilles were popular for decades throughout Europe as a breath freshener. Applying lavender oil to a wound can increase cellular growth, with the dual effect of speeding up the healing process and decreasing the appearance of scars.

Lavender’s chemical properties appeal to our intellect; its heady aroma can transport us to a calmer mind, or to pleasant memories of childhood. Whether it’s used for medicine, aromatherapy, or magic, lavender is one of the most soothing herbs you can find.

Magically, lavender is a masculine herb, associated with the planet Mercury and the element of Air. Witches often use lavender as an asperging herb, dipping the plant in water and sprinkling it around the ritual space for purification before beginning a spell.

It is also useful in dried form, and lavender sticks make a potent incense that brings about calmness of mind and discourages malevolent spirits from entering into a space. In some cultures, lavender is traditionally thrown into bonfires to drive away evil spirits, or strewn on the floors of churches to similar effect.

Lavender can be used for a multitude of other magical purposes, including healing, divination, peaceful sleep, consecration of ritual tools and attracting money. Due to the association with Air, lavender is wonderful when a spell is needed to sharpen the mind in matters of effective communication with others. Finally, lavender is useful in love magic, for spells attracting pure love or strengthening long-term love.

In this chapter, you will learn how to use lavender in spells for healing, sharpening your mental acuity, strengthening pure, soulful love, and sleeping better than you have in ages.

## Mind-Sharpening Spell

Whether you're in school, training for a job, or simply wanting to clear up a case of "brain fog," this spell will help you increase concentration, boost your learning ability, and improve memory.

The calming properties of lavender promote clarity of mind, in part by reducing the mental clutter that is so prevalent in the midst of our noisy modern world. The color yellow, associated with the Element of Air, also corresponds to mental acuity.

### You will need:

- Several sprigs of flowering lavender
- Yellow ribbon or thread
- Yellow candle

### Instructions:

Take a few deep breaths, inhaling the deep relaxing scent of fresh lavender as you release any negative thoughts.

Light the yellow candle.

Gather the sprigs of lavender and bind them together in a small bouquet using the yellow ribbon.

As you wind the ribbon around the sprigs, visualize yourself completing your learning task—whether it's a class, a job, or anything else—with satisfaction and pride in your abilities. If any other thoughts creep in during your visualization, let them quickly pass through and disappear out of your mind.

Use a few drops of wax from the yellow candle to seal the ribbon or thread around the bouquet.

Hold the bouquet in your hands and say the following (or similar) words:

*“Power of lavender, bright bouquet  
Mental clutter is swept away  
Yellow of East, yellow of air  
My mind is now sharp and clear.”*

Hang the bouquet from your desk or from the ceiling near your desk or study



area. You can also keep it in a desk drawer at work, if you're not comfortable with it being seen.

## **Pure Love Energy Lavender Oil**

Although lavender oil can certainly be used in love spells, the focus for this particular ritual is not romance, but rather the pure essence of love as a Universal energy. Pure love is the magical, divine state of being that is proof that goodness exists in the world, that we can relate to each other in compassion, and that peace is possible.

If we allow it, pure love can infuse every moment of every day, and when we see with truly loving eyes we make the world a better place. Pure love is powerful, creative, and the force in the world from which all good arises.

Use the following working when negative feelings threaten to overwhelm you, when you feel yourself losing touch with the joy of connecting to other people, or when you find yourself judging others and yourself harshly. You can use the oil all at once or save some for another working—you'll just need a small glass jar with a screw-top lid to store it in.

Lavender essential oil—unlike the dried herb, which has a fairly light and mild scent—is very potent, so use it sparingly in blends until you get a sense of how much you can enjoy without getting overwhelmed.

### **You will need:**

- Small bowl
- 1/8 cup (or 2 tablespoons) carrier oil (such as olive, grapeseed or almond oil)
- 3-5 drops lavender essential oil
- Pink candle

### **Instructions:**

Take some time to breathe deeply and quiet your mind. Open the lavender oil and very lightly inhale the scent.

Light the candle and visualize a state of peacefulness, where all is well and nothing needs to be judged as “good” or “bad.” Imagine yourself free of all resentments toward yourself or others.

Pour the carrier oil into the bowl and slowly add the lavender oil, one drop at a time. Swirl the oils together after each drop.

When you've added enough lavender oil, give the bowl a final swirl and then hold it in both hands.

Concentrate on the feelings of pure love and charge the oil by saying the following (or similar) words:

*“Pure light, pure love,  
as below, so above.  
I am connected to all that is  
through pure love.  
So let it be.”*

When you have finished your visualization, use the oil to anoint your skin, infusing your body with the loving energies of lavender.

Apply the oil whenever you feel the desire to surround yourself with pure love.

## A Mind-Body Healing Bath Spell

When it comes to healing from any illness or injury, one's state of mind is absolutely crucial—after all, the power of our thoughts is what creates our reality. When illness or injury begins to bring you down emotionally, use the following spell to enhance your ability to relax, so that your mind can work in tandem with your body to hasten your recovery.

Allowing the lavender flowers to float loose in the water can be a lovely experience, but you may want to place them in a mesh bag or cheesecloth if you don't have a strainer to keep your drain clear after the bath.

### You will need:

- Loose lavender flowers
- 3-5 drops lavender essential oil
- White candle
- Mesh bag or cheesecloth (optional)

### Instructions:

Run a warm bath to begin the ritual.

When the tub is full, light the white candle and add the lavender flowers and oil, saying the following (or similar) words:

*“The spirit of lavender heals my mind and body and nourishes my soul.”*

Turn off all artificial lighting and enter the bath.

While you are in the water, focus on your breathing and on each exhale, visualize the illness releasing from your body and dissipating into the air.

As you breathe in, visualize the warm, lavender water strengthening your body and providing sustenance to your soul.

When you are ready, drain the bath, discard the lavender, and gently extinguish the candle.

## Good Night Lavender Sleeping Charm

For those who deal with sleep issues, whether it's insomnia, restlessness, frequently waking up, or difficulty getting to sleep, this spell can make a huge difference. Lavender is calming on all levels—physical, emotional, spiritual and ethereal—making it one of the best-suited herbs for sleep magic. Essential oil of lavender is particularly helpful for inducing sleep.

Silver is associated with the Moon, with dreams and dreaming, and with the restful, waning phase of the lunar cycle.

### **You will need:**

- Small pillow with pillowcase
- Several sprigs of fresh lavender
- Lavender essential oil
- Silver candle

### **Instructions:**

Light the silver candle and take several deep breaths.

With each inhalation, bring tranquility, quiet, and calmness into your mind, and on each exhalation, release tension, worry, and frustrations.

Place the lavender sprigs, one at a time, inside the pillowcase.

As you insert each one, visualize yourself having a peaceful night of sleep with calm dreams.

When you're finished, place three drops of lavender essential oil on the pillow case and say the following (or similar) words three times:

*"I sleep soundly, safely, deeply throughout the night.  
All is well, all is right."*

Again, focus your attention on the silver candle and your breathing.

Take three more deep breaths, this time relaxing your body to prepare for sleep.

**Be sure to extinguish the candle before falling asleep.**

Lie down and close your eyes, inhaling the calming scent of lavender, ready

for a deep and relaxed slumber.

# Mugwort

Mugwort is a member of the daisy family and is known by many colorful names including wild wormwood, felon herb, St. John's plant, moxa, naughty man and sailor's tobacco.

The historical legends around mugwort are many. Anglo-Saxon Britons believed that mugwort was the most effective cure for “elf shot,” a condition widely applied to anyone who became ill without obvious cause—the illness was blamed upon the invisible arrows of the Fae (faeries and elves).

It is known as St. John's plant due to the medieval belief that a girdle of the herb was worn by John the Baptist during his time in the wilderness. From this belief arose superstitions that wearing mugwort protected a traveler from sunstroke, exhaustion, wild animals and evil spirits.

In Holland and Germany it is believed that if you gather St. John's Plant on St. John's Eve (the Summer Solstice), you will be protected against disease and bad luck. In China, bunches of mugwort are hung in the home to protect against evil spirits during the Dragon Festival, and in Japan the herb is burned specifically to drive away the spirits of disease.

In Anglo-Saxon traditional witchcraft, mugwort is one of the nine sacred herbs, and is used at the start and the end of rituals to sanctify the ritual space, asserting the sacred nature of the working. Among Witches in general, mugwort is one of the most popular herbs for ritual incense and for smudging.

Considered magically feminine in nature, mugwort is associated with both Venus and the Moon, although its Elemental association is Earth. Mugwort is considered a sacred herb of Artemis, the Greek goddess of the Moon, which gives it its scientific name—*artemisia vulgaris*. Many magical traditions associate mugwort with divination, and some Witches use an infusion of mugwort to ritually cleanse their ritual and divination tools.

A powerful herb for dreaming, mugwort can be used to both bring about and balance out intense dreams. You will find a spell below to encourage lucid dreaming, as well as spells for repelling unwanted energies, enhancing divination, and protecting yourself during travel.

## Sacred Space Asperging Ritual

Asperging is a time-honored method of using the Element of Water to ritually cleanse and bless a space. In this ritual, the space in question is your sacred space.

Whether you keep a permanent altar or have to set it up for each ritual or magical occasion, you most likely have a specific place for your practice—a bedroom, living room, or other space. The energies of mugwort are especially well-suited to remove unwanted energies and protect your magical sacred space.

### You will need:

- Black candle
- Chalice or bowl of water
- Several sprigs of mugwort
- Deep blue ribbon

### Instructions:

Light the candle.

Gather the mugwort sprigs into a bundle and tie the stems tightly together with the ribbon.

Holding the bundle over the candle (but not close enough to singe the herbs), say the following (or similar) words:

*“Any unwelcome thing, be it visible or non,  
will through this ritual cleansing soon be gone.  
So let it be.”*

Now, holding the chalice or bowl in one hand, and the mugwort bundle by the stem end in the other, gently dip the leaves into the water.

Walk around the perimeter of the space, in a counter-clockwise direction (or widdershins), flicking the mugwort bundle so that it sprinkles the water onto the floor.

When you have finished, pour the water out onto the Earth.

You can bury the mugwort, or remove the ribbon and toss the bundle onto a



hearth fire or bonfire.

## Smoky Divination Spell

This spell is designed to make use of the smoke from mugwort incense and the flickering flame of a charged candle in order to divine answers to a specific question. However, if you'd like to personalize it by using a different form of divination (such as Tarot, runes, or a pendulum), then the incense and candle can be energetic adjuncts to the work.

For this ritual in particular, it is especially important to spend time quieting your mind, in order to be in a receptive mode for images and messages to come through. The scent of the burning mugwort will aid this process immensely, but it's still up to you to clear your mind of any daily distractions.

Above all, when you perform this ritual, believe in the possibilities. With practice, it is easier and easier to enter into a state in which the "third eye" is opened, and insight, intuition and divine messages can flow into your consciousness.

### **You will need:**

- Mugwort incense
- Black candle
- Journal or writing paper

### **Instructions:**

Set the incense and burner next to the candle.

Light the incense, and take a few moments to center your intentions for the divination—a single topic or issue for which you would like to reveal information.

Breathe deeply and inhale the scent of the mugwort.

Hold the candle in both hands and send your intentions for the divination directly into the wax.

When you feel ready, light the candle and say the following (or similar) words:

*"Smoke of mugwort, swirling free  
show me what I need to see."*

Close your eyes and clear your mind once again.

Now open them and gaze softly at the smoke from the incense as it rises above your altar.

Don't try to make any specific images appear—let them come as they will.

Allow the movements of the candle flame and any visible smoke from the candle to join the “conversation.” You may need to allow for several minutes before you images or other information begins to emerge.

Write down any insights, images, or other notions to reflect upon over the coming days.

## Long Journey Safe Travel Spell

Peace of mind at the start of a journey, especially a long journey, is essential to an enjoyable trip. This spell draws on the ancient Romans' tradition of putting mugwort in their shoes before a long journey.

You won't need many ingredients for this spell, so it's perfect to be done before retiring early the night before your travels. **Note: if you're traveling internationally, check the customs regulations of the country you're entering, as some countries are quite strict about bringing in plant material across their borders.**

### You will need:

- Blue candle
- Pair of traveling shoes
- 2 sprigs of mugwort

### Instructions:

Take four deep breaths to relax and focus—one for each direction on the compass.

Place the shoes you will wear the most on your travels on the altar (be sure the soles are clean first!).

Light the candle.

Hold the sprigs of mugwort in your hands as you visualize your shoes traveling across all the new places that you will explore. Visualize yourself safe and content in these places.

When you feel ready, place one sprig of mugwort in each of your shoes as you say the following (or similar) words:

*"I walk in safety wherever I roam."*

You can leave the sprigs in your shoes while you travel, or place them in your travel bag right before you leave.

Either way, keep the sprigs with you to ensure safe journeys.

## Lucid Dream Tea

A lucid dream is one in which the dreamer can take control of the dream, at least for part of the time, without waking up, and without losing the feeling of the reality of the dream.

Lucid dreaming can allow the dreamer to change the tone of a nightmare, defeating monsters or escaping calamities. In a good dream, once you achieve lucidity you can “play,” performing physically impossible feats that the waking realm would not allow, all within the safety of the subconscious.

Most people who can recall their dreams have accidentally experienced lucidity upon occasion. But developing a practice of vivid and lucid dreaming can be an incredibly powerful, and often fun, tool to enhance your life. The situations you encounter in these dreams can often be used to analyze issues and challenges you’re confronting in waking life.

Mugwort is widely known as a “lucid dreamer’s herb,” and has been used in many shamanic cultures where it is native. However, it’s important to note that unlike in our Western culture, where we have been conditioned to expect immediate results, those who work shamanically with plants know that a skill like lucid dreaming takes time to develop. Therefore, have patience with this spell, and be willing to practice it a few times before deciding whether or not lucid dreaming is for you.

**Note: don’t overdo it with this one, as large amounts of mugwort or prolonged use is not recommended. If you are pregnant or nursing, it is not safe for you to ingest mugwort at all.**

### You will need:

- 1 to 1 ½ teaspoons dried mugwort
- Tea strainer
- Mug
- Journal or writing paper

### Instructions:

Before the ritual, make a cup of hot mugwort tea.

Steep for 8 to 10 minutes as you get ready for bed, then strain out the mugwort.

Place the journal or paper (and pen) where you are able to write if you wake in the middle of the night, or once you wake in the morning.

When you are ready for bed, begin the ritual.

As you sit in bed, begin to take deep relaxing breaths.

Sip your mugwort tea as you focus your intention for your dreams. Are you looking for a solution to a problem, to gain more information, or a deeper understanding of an issue or situation in your life? It's important to focus your energy on a single intent in order to get a clear message in your dreams.

When you're clear on your intention, say the following (or similar) words:

*"I openly welcome all opportunities to gain wisdom in the dream world."*

Once you have finished your tea, quietly curl into bed and fall asleep.

When you wake, write down anything you can remember from your dream—especially the appearance of any numbers, names, animals, or anything else that seems unusual and significant.

Keep these notes and refer back to them over the coming days and weeks.

# Nutmeg

One of the most pleasantly aromatic herbs used in magic, nutmeg is actually a seed, or kernel, of the fruit from the *Myristica fragrans* tree. The shell of the same seeds yields the herb mace. Nutmegs are evergreen trees, native to the rainforest of the “Spice Islands” of Indonesia. Since antiquity, nutmeg has been highly prized for its aromatic, aphrodisiac and medicinal uses.

Nutmeg has a long tradition of helping with a variety of medicinal needs, including being carried to ward off boils, neuralgia, rheumatism and cold sores. Since ancient times, nutmeg and its oil were being used in Chinese and Indian traditional medicines for illnesses related to the nervous and digestive systems. Nutmeg encourages the appetite and aids in digestion. **A brief word: nutmeg should be used cautiously, as ingesting large amounts can cause hallucinations; pregnant women should not use nutmeg medicinally at all.**

Nutmeg is a masculine herb, associated with the Element of Air (and sometimes Fire) and the planet Jupiter. It is a potent ingredient for any magic, but particularly spells having to do with luck and positive feelings in general. Witches have been known to borrow from other magical traditions such as North American Hoodoo, where nutmeg is prized for its power to bring good luck in games of chance, and will carry whole nutmegs in a pocket or drill holes in them to make nutmeg amulets.

In many Wiccan traditions, nutmeg is frequently burned to bring luck, not only in games of chance, but for luck in the courtroom. In addition, nutmeg helps with divination, as well as enhancing perception and helping to see what is below the surface of a given situation.

Nutmeg is also, of course, an herb in which cooking and magic meet. Traditional Western holidays feature nutmeg strongly in cooking, and its warm, inviting, aromatic presence not only makes for delicious food, but also imbues hearth and home with a cozy, loving feeling. This property can be harnessed through magic, with or without culinary assistance, as you will see in one of the spells below. Other magical goals addressed in this chapter are resolving arguments, pleasant journeys, and general good luck.

## **Herb and Flower Spell for Clearing an Argument**

In any relationship, arguments arise often when communication fails. Even with the best of intentions, we can sometimes cease letting our needs be known, or listening to someone else's needs. The resulting misunderstandings can lead to tension and increasing arguments. Nutmeg aids in enhancing our perception—our ability to understand what's going on beneath the surface of a difficult situation.

This ritual will help to bring honesty into a relationship, release negative emotions, and provide strength for healthy communication between two people. The yellow candle symbolizes the power of air, the literal flow of conversation. The rose petals add in a symbol of love, serving as a reminder that, with love and care, arguments can be solved and harmony restored to a relationship. This spell is useful in any relationship, be it a romantic partner, family member or friend.

### **You will need:**

- Yellow candle
- Olive oil
- Pinch of dried mint
- Pinch of dried nutmeg
- Dried yellow rose petals
- Mortar and pestle or small bowl
- A photo or other symbol of the person

### **Instructions:**

Begin by visualizing a white light starting in your core and slowly radiating outward until you are enveloped by a protective white light.

Mix the herbs and petals together in the mortar or bowl, visualizing your personal power flowing into the ingredients.

Rub the candle with a kitchen oil and then roll it in the herb and flower mixture.

Place the photo or symbol on your altar. Light the candle as you chant the following (or similar) words:

*“Air, our breath flowing free, let us speak in honesty.”*



Continue the chant six times as you concentrate on the photo of the other person.

After the chant, sit quietly and allow your body to release the negative emotions surrounding this person so that you will be able to communicate openly and honestly to them at your next encounter.

Allow the candle to burn out. Then say the following (or similar) words:

*“Upon the next time we meet, allow us to speak open and honestly.  
So mote it be.”*

## Lucky Spice Charm Necklace

This simple charm is a pared-down version of a folk magic tradition found in North America and the Caribbean. It's particularly useful when there's a specific situation you could use some good luck with, whether it's a friendly game of chance or something more serious like a court case or job interview. But you can also just make one for the fun of it, charge it with general good luck energy, and then keep it handy for when the perfect occasion might arise!

Star anise seed pods, with their distinctive and easy-to-thread formations, add their lucky energies to that of whole nutmeg. You can make this a necklace, bracelet or anklet—whatever you prefer.

### You will need:

- 1 whole nutmeg
- Small drill
- 2 whole star anise pods
- Length of string or thin ribbon

### Instructions:

Drill a small hole through the nutmeg.

Thread it onto the ribbon or string.

Now thread one star anise onto the left side of the nutmeg and the other onto the right.

Tie a knot on the outside of each star anise so that the three spices won't slide around too much on the string, but will rather stay close to each other at the center of the necklace or bracelet.

As you work, visualize your hands imbuing the string and the spices with your personal power.

When you're finished, tie the charm around your neck, wrist or ankle and say the following (or similar) words three times:

*“Lucky stars, lucky spice,  
my fortune now is very nice!”*

## Home Security Energy Charm

This spell is especially useful for households in times of transition or uncertainty—when looking for a job, for example, or even when looking for a new place to live. No matter what circumstances are up in the air for you, your ability to navigate the changing times can be optimized by keeping the energy in your home as positive as possible.

Similar to the way the smell of a holiday pie, well-spiced with nutmeg, will infuse a whole home with a sense of warmth and security, the threaded whole nutmegs in this charm will act to encourage faith and trust that all will work out in your favor. The candle draws on the Earth properties of the color brown, and its associations with bringing security to the home. Establishing this energetic vibration within your home provides you with a consistent means of replenishing your personal energy as you ride out the storm.

Remember to hang this charm out of reach of small children and pets, as its pleasant aroma may cause your little ones to want to see how it tastes. The string of nutmegs can be re-charged as needed to keep the energy of security strong within the home.

### **You will need:**

- 9 whole nutmegs
- Small drill
- String or thick thread
- Brown candle

### **Instructions:**

Light the candle and place the string and nutmeg on the table or altar in front of you.

Drill a small hole through each whole nutmeg. (This can be done prior to the spell if need be.)

Once all nine of the nutmegs have holes, begin by tying a knot large enough that the nutmeg will not slip off in the string or thick thread.

String each nutmeg while visualizing yourself surrounded by all you could possibly need in this world—food, water, love, good health, prosperity, etc.

Once all nine nutmegs have been strung, tie a knot at the bottom to prevent them slipping off of the string.

Hold the charm in your hands and infuse it with the energies of warmth and security and say the following (or similar) words:

*“As these walls stand, as this roof shelters,  
I trust I will have all I need, forever.”*

Lay the nutmeg charm out in front of the candle until the candle has burned all the way down.

Then hang the string somewhere in your home where you have tended to be most susceptible to fear of lack or fear of change.

## Good Luck Air Travel Spell

Anyone who flies regularly these days knows that the odds of all going smoothly are not supremely high—especially at holiday times and during inclement weather. This small charm paves the way for you to experience a hassle-free flight no matter the time of year.

The nutmeg tree is ruled by Jupiter, a planet associated with optimism and expansion. Jupiter plants are known to bring about relaxation and mental calm—an important state to be in to navigate any potential issues while traveling. Yellow is the chief color correspondence for the Element of Air, and is also associated with travel.

### You will need:

- 1 whole nutmeg
- Yellow piece of cloth
- Thin yellow ribbon
- 1 yellow spell candle

### Instructions:

Light the candle and spend a few moments quieting your mind.

Spread out the cloth and place the nutmeg in the middle, gently wrapping it into the fabric.

Pull up the cloth on all four sides and tie the ribbon to secure the nutmeg inside. Use scissors to cut off any excess fabric.

Hold the wrapped nutmeg in your hands and visualize yourself fully enjoying your flight experience. Then imagine walking out of the airport with your luggage, satisfied and ready for whatever awaits you. Your visualization should be of a perfect trip—see everything working smoothly and your travels as safe and easy. Repeat this perfect journey in your mind as many times as you need.

Place the nutmeg bundle in front of the candle and say the following (or similar) words:

*“With the ease and grace of a bird in flight,  
every detail of my trip will be right.”*

*So let it be.”*

Place the wrapped nutmeg in your pocket or purse when traveling.

If you begin to feel anxious or nervous for any reason, bring it out and hold it between your hands to help you realign with your positive, lucky energy.

## Rosemary

An evergreen shrub native to the Mediterranean, rosemary is a strong and fragrant member of the mint family. If the weather is humid enough, rosemary puts out delicate blue flowers in the spring and summer seasons. This pungent herb's name comes from the Latin *rosmarinus*, meaning “dew of the sea.”

Rosemary was a sacred herb in ancient Egypt, where it was used in embalming and burned as incense in temples. The Greeks considered rosemary sacred to the goddess Aphrodite, and you can see it depicted alongside her in many images from ancient times. They also used rosemary to guard against nightmares, and rosemary wood to make musical instruments.

In the Middle Ages, people wore rosemary around their necks to ward off the “evil spirits” that brought on the plague, and in France rosemary was burned in sick rooms and hospitals to purify the air. Rosemary branches were also woven into wreaths to be worn by brides at weddings, and these branches were a common and treasured gift to wedding guests throughout medieval Europe.

Magically, rosemary has many uses. It is still used primarily in relation to its purifying properties—not only to repel negative energies, but to actively attract positivity. In some traditions, it is thought to be able to summon elves and faeries. Associated with both the Sun and the Moon and the Element of Fire, rosemary is also used to encourage fidelity in relationships and dispel jealousy.

It enhances memory—both in terms of the brain and the heart—and one the most powerful uses for this herb is in workings for making oneself “unforgettable.” Rosemary is also used for dream work and past life recall, as well as retaining youthful vitality.

In this chapter, you'll find spells for encouraging longevity in a relationship, success on school tests, and purification of body and mind.

## **Releasing Nagging Thoughts**

The mind is a natural problem solver. In terms of basic survival, this is a good thing—we figure out how to eat, where to shelter, and how to stay out of danger. However, there are plenty of situations in life that we can't simply think our way out of. And if we don't keep obsessive thinking in check, we can actually keep a problem in place simply by continuing to focus on it.

This bath spell is perfect for ridding yourself of persistent thinking about any situation you can't actually solve at the present moment. Whether it's the need to find a new job, an interpersonal conflict, or even simple regret about something that happened in the past, rosemary's purifying powers can help you shed your unwanted attachment to the situation, allowing you some neutral space that will most likely end up helping you find a solution down the road.

Lavender oil adds its own purifying and soothing vibrations, while lemon oil adds a bright note to the energetic benefits of this bath. Of course, the cleansing powers of sea salt take the purification factor even higher.

If you're new to essential oils, it's best to stick with just 3 drops of each oil until you get a better sense of how potent your particular oils are, and how much you can tolerate.

### **You will need:**

- 3-5 drops rosemary essential oil
- 3-5 drops lavender essential oil
- 3-5 drops lemon essential oil
- ¼ cup sea salt
- White candle

### **Instructions:**

Run a warm bath to begin the ritual. Add the salt and the oils to your bath and gently swirl the water. Light the white candle and turn off any artificial lighting.

Gently enter the bath and breathe deeply, allowing the scent of the oils to envelop you. Take a few deep breaths, focusing only on your inhalation and exhalation.



When you feel your mind has quieted, allow the situation that you've been obsessing about to come to the forefront of your mind, and say the following (or similar) words:

*"I release this situation,  
in perfect love and perfect trust.  
I trust the Universe for resolution,  
knowing all will work out as it must."*

Relax in the bath for at least 15-20 minutes.

When you're ready, drain the bath, but stay in the tub so the waters can pull any remaining energy from the situation that may be trying to stay with you.

As you go about the next few days, if you find yourself worrying about the situation again, repeat the above words to yourself.

You can also uncap your rosemary oil and gently inhale the aroma to help you clear your mind.

## **Rosemary Smudge for Personal Purification**

Rosemary's purification properties work on both the physical and the energetic levels. This spell acts like a psychic house cleaning, allowing your body and mind to release any build-up of residual, unwanted energy picked up throughout your busy days.

During the purification, if any unwanted thoughts come into your mind, acknowledge them and then allow them to pass and float away. Don't hold onto any thoughts, positive or negative. Just allow the thoughts to enter and exit your mind.

As with candles, it's important to be reverent when extinguishing smudging herbs. Don't use water or smash the smoldering end of the smudge in order to put it out. Instead, allow the soil to gently absorb the heat until the embers are gone.

### **You will need:**

- 1 rosemary smudge stick
- White candle
- Soil from a potted plant (optional)

### **Instructions:**

Place the candle at the center of your table or altar and light it. Take a few moments to quiet your mind, using deep breaths.

Light the smudge stick from the candle.

Stand straight up and down with your feet spread slightly apart.

Holding the smudge stick, begin at the top of your head and slowly swirl the rosemary around to purify your energy. Gently and slowly move it clockwise around your entire body, passing it from hand to hand when necessary.

You may feel the need to spend more time in some areas of your body than others. Spend as much time as you need swirling the smudge stick in order to cleanse that section. Take all the time you need to feel the full release of unwanted energy.

End the smudging at the top of your head. Take three more deep breaths with a clear mind in order to fully purify yourself.

Take the smudge stick outdoors and gently extinguish it in the soil (or in the soil of a potted plant).

Repeat this ritual any time you need to purify and cleanse your own energy.

## **Confidence Spell for Test-Takers**

This spell is great for students facing midterms or final exams, but can be used in any situation where memory recall is a crucial factor. Rosemary's power to enhance memory is combined with the energy of the color orange, associated with confidence.

You will be creating a beautiful visual reminder of your ability to master the material you're studying, to recall the information when needed, and to align your magical energy with the natural world in order to improve your mind and your life.

The best place for this ritual is in your home where you generally study or practice such as in a certain room or at your desk.

### **You will need:**

- 3 sprigs fresh rosemary
- Small vase filled with purified water
- Orange candle

### **Instructions:**

Spend a few moments quieting your mind. When you're ready to begin, light the orange candle.

Hold the vase in your hands and send your personal power into the water, energizing it for optimal effect of the spell.

Focus on the light of the flame for a few moments as you visualize yourself beginning the test.

Place one rosemary sprig in the vase. Now visualize yourself feeling confident and successful while taking the test.

Place the second sprig of fresh rosemary in the vase. Finally, visualize yourself completing the test, feeling good about your results.

Keep the vase of rosemary on your desk or in your study space.

Repeat the spell for each new test, or when you feel the energy of the water and rosemary beginning to wane.

## Sun and Moon Relationship Longevity Spell

Whether we realize it consciously or not, ritual is very important to the longevity of a relationship. Any couple who has let the ritual of “date night” fade away into the past will almost certainly experience difficulty in their relationship at some point.

Here is a beautiful, heart-warming ritual for you to do with your partner any time you wish to reconnect with and appreciate each other.

Drawing on rosemary’s association with remembrance and longevity, this working also incorporates the traditional magical symbolism of the Sun and the Moon, representing the divine union of the God and Goddess. Here they are represented by the gold and silver candles, embodying the male and female energies that exist within each of us, and the balancing of which is so essential to a long-term relationship.

### **You will need:**

- 1 sprig rosemary
- Ceremonial cup or goblet (preferably purchased together or significant in some way to the couple) filled with purified water
- Small gold candle
- Small silver candle

### **Instructions:**

Before the ritual, place the candles and the cup or goblet of water on the altar. Place the rosemary sprig next to the chalice.

Sit across from one another and hold hands. Take three deep breaths together. Relax and feel the warmth of each other’s energy and love.

When ready, each of you should light one of the candles. The gold symbolizes the sun and the silver is for the moon.

Together hold the rosemary sprig and place it in the water. Swirl it in the cup clockwise three times. While swirling the rosemary repeat the following (or similar) words in unison:

*“May our love be true and strong, our lives together long.”*

Both people should take a sip from the cup or goblet to solidify their desire.

Take turns sharing reasons why you decided to commit to your partner. The person speaking should hold the rosemary sprig. Take a sip of the water after each turn, alternating until you have finished the cup.

At the end of the ritual, gently extinguish the candles and give one another a warm embracing hug.

# Sage

Appreciated for its magical powers by everyone from medieval Europeans to Native Americans, this hardy member of the mint family has purple spiky flowers in the summer, but it is the leaves you will find most helpful for your magical purposes. Their scent, when rubbed, can send you into a calm, meditative, magical state of mind, as anyone who has ever used this herb in cooking can attest.

The ancient Romans believed that sage stimulated the brain and memory, and used sage to clean their teeth. It was used in the Middle Ages to treat fevers, liver disease and epilepsy. In England, it's long been used in a tea as an all-around health tonic, especially useful in treating sore throats and coughs.

In Chinese medicine, sage tea treats weakness of the digestive system and imbalances of the nervous system. Sage also has antibacterial properties, which have just recently been “discovered” in scientific studies of smudging—a practice engaged in by Native Americans for millennia—in which sage has been found to literally obliterate bacteria in the air.

Magically, sage is associated with the Element of Air and the planet Jupiter. It is used primarily in magic related to clearing away unwanted energies from both people, objects and places, gaining wisdom, and healing from the loss of loved ones. In fact, the word “sage” is derived from the Latin *salveo*, meaning “to heal” or “to salve,” which may point to an ancient understanding of the connection between this herb and the wounds of grief.

Sage is also a helpful ingredient in protection spells and workings for longevity, as well as clearing the mind and opening up the third eye. Some also use sage in spells for fertility and luck. In this chapter, you will learn how to use sage for cleansing your ritual tools, working through grief, and tapping into your inner wisdom.

## Sage Tea Longevity Spell

For Witches who are closer to their Crone years than to their Maiden years, the idea of longevity begins to take on more importance. But no matter your age or gender, this spell affirms your intention to live a long, healthy and happy life.

On the physical level, sage is very beneficial for a number of health issues, particularly related to stress and anxiety. The calming effects of a tea drinking ritual already reduce stress levels, so adding both the physical and magical energies of sage really intensifies the intention here. The crystals listed below are also associated with longevity and add a lasting physical component to the spell.

### You will need:

- 1 teaspoon dried sage leaves
- Tea strainer (optional)
- White candle
- 1 piece of amethyst, garnet, citrine or carnelian
- Journal or writing paper

### Instructions:

Light the candle and brew the tea.

While it steeps, begin making a list of things in the distant future that you look forward to experiencing. This will depend on your current age, but could include retiring, traveling, becoming a grandparent, or anything else you envision happening a long way off from now.

When the tea is ready, sip it slowly and choose one of the items on your list.

Write a description of this event or circumstance in the present tense—describe your travels, your grandchildren, or whatever it is you want to envision in more detail. Write about it as if it is happening right now.

When you're finished writing, fold the paper three times and set it under the candle holder (be sure the diminishing candle won't ignite the paper).

Take the crystal and dip it very quickly into the remainder of your tea.

Set it in front of the candle to dry.



Keep the crystal somewhere where you will see it often and remember your affirmation to live a long life.

## Cleansing Ritual Tools and Magical Objects

Just as places can accrue traces of energy from prior inhabitants and events, so too your ritual instruments can accrue “leftovers.” Regularly keeping your tools physically and energetically clean will remove any chance of past energies clashing with your current ritual or magical intentions. Additionally, the very act of spiritually cleansing your tools is a meditative act that will encourage you to treat them with reverence, and therefore imbue them with your own pure energy.

Sage has been used for centuries in nearly every culture where it has grown to sanctify temples, cleanse ritual spaces, and purify the important implements and tools used in magical workings. Here, the incense is a bit more convenient than a full sage smudge stick, but either will work fine. If you do use a smudge stick, just be sure to have a fire-proof dish it can sit and smolder in.

You might like to use this working in tandem with the [cinnamon anointing oil](#) using sage to clear the objects and the cinnamon oil to consecrate them.

### **You will need:**

- Ritual/magical object(s) to cleanse
- Sage incense (or smudge stick) and holder
- Work candle for atmosphere (optional)

### **Instructions:**

Light the candle, if using.

Place the object or objects you want to cleanse on your altar or table.  
Physically wipe off any dirt or dust.

Light the sage incense and wait for a tendril of smoke to form.

In order to disassociate the object with past vibrations, pass it through the smoke from end to end.

Once it has been cleansed, pass it through the smoke again from end to end in order to attune it with your own energies.

Repeat this with each object to be cleansed.

This spell can be repeated as necessary whenever you need to remove or replace energy in ritual or other personal objects.

## **Circle of Life Ritual for Healing Grief**

Witches know that death is a natural part of the circle of life, and that grief is a healthy response to the loss of a loved one. The following ritual is a beautiful way to honor a loved one who has gone to the other side, while helping those still on the Earth plane to move through the healing process. Sage has long been known as an herb that soothes and comforts in times of deep grief.

As you enact this ritual, it is important to allow your feelings to flow. Take your time and let all the feelings that well up in you to be expressed, even if they surprise you or make you uncomfortable. This is part of the cleansing purpose of grief.

At the end of the ritual, you will share your grief with the Earth, the Great Mother. We are all children of the Earth, and as you focus on your feelings, you should feel a healing balm radiating up from the ground, reminding you that you are a part of the great spirit of life.

### **You will need:**

- 3 large sage leaves
- Photo of your loved one
- Purple candle
- Writing paper and pen
- Envelope
- Spade

### **Instructions:**

Light the candle and take a few moments to meditate on the person you have lost. Focus on memories that brought you joy and on characteristics and attributes of the person that you most admired.

When you feel ready, write a letter to the person. It can be as long or as short as you need. You can write in any style that fits you best. Allow your feelings to pour out onto the paper.

Once you feel finished, place the letter along with the sage leaves in the envelope.

Seal it with a few drops of melted wax from the candle, and leave the candle

to burn out on its own.

Use the spade to bury the letter in a place that was special to you and that person.

Once you have buried the letter, place your hands on the mound and send your energy into the earth.

## Sage Leaf Wisdom Spell

Sometimes there are issues or dilemmas that no amount of logic, problem-solving, or even divination attempts can shed any light on. For the truly big questions in life, the magical properties of sage can help you release any stuck energy caused by “spinning your tires” over a problem and open your sixth sense enough to receive guidance from the spirit realm.

This spell is best worked at night, shortly before going to bed. Often enough, the clues you’re seeking will appear to you in your dreams.

### **You will need:**

- 7-10 sage leaves
- Blue or black candle
- Journal or writing paper (optional)
- Work candle for atmosphere (optional)

### **Instructions:**

Light the work candle, if using.

Spend some time in quiet meditation.

If you’re feeling a lot of energetic charge around the situation—anxiety, emotional upset, etc.—you may want to do some freewriting about it in order to clear your mind.

Now, arrange the sage leaves so that they form a circle around the candle, keeping back at least one. Rub this one on your wrists and temples.

Begin speaking out loud to the Universe about your situation. Explain it as if speaking to a friend.

When you’re ready, formulate the clearest question you can about the situation and ask it directly.

Then light the candle and say the following (or similar) words:

*“I now release my question to the wise Crone energy of the Universe.”*

Allow the candle to burn out on its own.

Leave the sage leaves in place overnight, and bury them in the Earth the next

day.

If the answers have not come to you yet, you will find that they do over the next few days.

# Thyme

This tiny-leaved garden herb is another member of the mint family, and has long been used to flavor soups, stews and other savory dishes. Historical records show that thyme has been in magical and medicinal use since ancient Egypt, where it was used along with rosemary as a rub before mummification, and in household use as a pain killer. Roman emperors particularly favored thyme, as they ate it before a meal to foil any poison attempts and also gave it to their soldiers before a battle as a sign of courage. Ancient Greek women wore thyme in their hair to increase their attractiveness.

Thyme's use as an antiseptic was recorded as early as 3000 BCE by Sumerians, and by the plague years of the Middle Ages, thyme was a common ingredient in many treatment and pain killing medicines. Essential oil of thyme, known as thymol, is still used as a disinfectant and an antiseptic, and modern herbalists have recommended thyme to treat sinus infections and freshen breath.

Magically, thyme is aligned with the feminine energies, the Element of Water, and the planets Mercury and Venus. Said to be a popular dwelling space for faeries, the plant has long been used to summon and communicate with the faerie realm—wild, fresh-picked thyme is worn as a charm, or the essential oil is used in order to open the eyes to the faerie realm and receive psychic knowledge.

Another association of thyme is with bringing about an increase in monetary fortune. Both “Three Jacks” and “King Oil,” popular lucky oils used by gamblers, count thyme as a main ingredient, and folklore states that when we plant thyme in the garden, our money luck will increase as the thyme crop grows.

Practitioners of Wicca often burn thyme before rituals to magically cleanse the ritual area. It is also burned in spells for healing and for developing psychic powers, and can be carried to smell when courage and energy is needed. In this chapter, you will find spells using thyme for courage, confidence, resilience and abundant luck.



## **Thyme Courage Talisman**

This talisman is useful during periods of your life requiring extra courage. This could mean starting a new job, moving to a new town, dealing with a medical crisis, or any other life situation that feels daunting.

### **You will need:**

- Several sprigs of dried thyme
- 8-10 inch length of orange ribbon
- Black construction paper
- Glue
- Hole punch
- Work candle for atmosphere (optional)

### **Instructions:**

Light the candle, if using.

On the construction paper, trace a circle up to 3 inches in diameter, using the bottom of a cup or some other circular shape. Cut out the circle and punch a hole through the center.

One at a time, carefully glue the stem ends of the thyme sprigs to the circle so that at least some of the leaves hang over the circle's edge, creating a "mandala" effect.

Be intentional with your placement of the thyme and as you glue down each piece, visualizing yourself feeling strong and courageous.

When the glue has dried, take a moment to hold the talisman gently between your palms and visualize your energy and strength pouring into it.

Thread the ribbon through the hole and hang the talisman where you can see and touch it often.

When the situation you made it for has passed, bury it in the earth or toss it on a hearth or bonfire, giving thanks for its assistance in your time of need.

## Pentagram Self-Confidence Spell

It's probably fair to say that Witches are already a reasonably self-confident bunch, given the courage it takes to pursue such an unconventional path in life. Nonetheless, we all have our moments of self-doubt, especially when facing new challenges.

This spell serves as a nice reminder of your talents, skills, and other positive qualities, which you can summon up at your disposal as long as you remember who you are. Try this spell the next time you're feeling any doubt about your ability to accomplish a given goal.

You will be creating a pentagram (5-pointed star) with the thyme sprigs. You may want to draw or print out an image of a pentagram to help you with the placement of the thyme during the spell.

Although reds and oranges are traditionally associated with confidence, you should feel free to trust your intuition here and choose the color that resonates most with you.

### **You will need:**

- 5 thyme sprigs
- Candle
- Pentagram image (optional)

### **Instructions:**

Light the candle and spend a few moments quieting your mind.

Hold the first sprig and think of something that you are good at doing. Say out loud, "*I am good at \_\_\_\_\_*," and place the sprig on the altar in front of the candle, leaving enough room to complete the star.

With the second sprig, think of a time that you showed kindness to another. Say out loud, "*I showed kindness to \_\_\_\_\_*," and place the sprig on the altar to begin to create the pentagram.

With the third sprig, think of a time you overcame a challenge. Say out loud, "*I've shown that I can overcome \_\_\_\_\_*," and place the sprig to continue the star.

With the fourth sprig, think of an attribute about yourself that you genuinely

feel proud of. Say out loud, “*I take pride in my \_\_\_\_\_*,” and place the sprig to continue the star.

With the final sprig, think of something you’re feeling challenged by at the moment. Say out loud, “*I know I can overcome \_\_\_\_\_*,” and place the sprig on the altar to complete the star.

Take a few deep breaths, allowing yourself to be filled with the energy of self-confidence.

Allow the candle to burn out on its own.

Crumble the thyme sprigs in your fingertips and scatter them out over the Earth.

## **Resilience and Prosperity Planting Spell**

Sometimes our plans simply don't pan out like we hoped they would. It can be all too easy to lose confidence at these times, whether we've lost a job, not won a scholarship we worked hard towards, or had to close down a failing business. Left too long, this loss of confidence can lead to despair and even apathy, keeping us closed off to whatever new opportunity the Universe is trying to present us with.

In addition to its magical associations with luck and prosperity, thyme is known as a hardy perennial, able to withstand cold temperatures by dying back and reemerging in the spring. Thus, it's a perfect plant to work with when you need to renew your optimism regarding a prosperity issue.

The physical results of this spell are quite literal, as you will be growing and tending to an entire thyme plant, continually reminding you that the end of one path leads to the beginning of the next. As you watch the lovely, aromatic plant being you are growing, you will be able to look forward to the future, knowing that every obstacle we face simply shifts our path toward a new, unexpected outcome.

This spell is ideally worked outdoors, but your altar or other workspace is fine, too—just be aware that potting plants can be messy!

### **You will need:**

- Small thyme plant start (preferably organic)
- Small pot
- Potting soil (preferably organic)
- Water
- Green or gold ribbon (optional)

### **Instructions:**

Take a moment to acknowledge the sadness around your loss, and any fear you may be experiencing because of it.

Then take a deep breath and on the exhale, release all attachment to this old vision for your life. Say the following (or similar) words:

*“The past is behind me, and I gracefully close the door.”*

Now, place some soil into the pot. Hold the thyme gently in your hands and say the following (or similar) words as you position the root ball into the soil:

*“In this present moment is the potential for vastly more.”*

Fill the remaining space in the pot with more soil, being sure that the roots are well covered, the base of the plant is exposed, and no more than 1/2 inch or so of space remains above the soil.

Now gently water your new plant, recognizing that nurturing this plant’s growth will be like nurturing the next phase in your life—and will bring you luck in your next endeavor.

*“With my positive intentions, new prosperity I ensure.”*

As it grows strong and healthy, your new plans will also grow strong and healthy.

If you like, tie a green or gold ribbon around the pot to add a little spark of color magic.

Put the plant in the sun either inside or outside.

Each time you water and tend to your thyme, know that you are growing new beginnings.

Inhale its scent for strength and positivity, and use the leaves (once it matures enough) in culinary and magical recipes.

## **Lucky Thyme Infused Oil**

One of the most delightful uses for herbs in magic is some good old-fashioned kitchen witchery. Here, the magical intention for good money luck infuses olive oil that you can use on salads and pasta, boosting your receptivity to unexpected fortune.

One note of caution: any moisture retained by the herb will eventually spoil an infused oil. Be sure the thyme is completely dry before working this spell. To get the most flavor out of this process, choose an olive oil made from a blend of olives rather than from a single origin. (These are usually less expensive as well!)

### **You will need:**

- 3-5 sprigs of dried thyme
- Canning jar or glass bottle with rubber stopper
- Mild olive oil

### **Instructions:**

Gently “bruise” the thyme sprigs with your fingers to begin releasing their fragrance, but leave them whole—don’t crumble them.

Place them in the jar (or bottle) and then hold it between your palms.

Visualize your personal energy charging the jar with the delight and joy you feel whenever you receive a boon of abundance—whether it be money, gifts, or simply beautiful weather on a special outdoor occasion.

Send that feeling into the jar and see the same energy emanating from the thyme.

Fill the jar with olive oil, being sure to thoroughly cover the sprigs.

Seal the jar and let it sit in a cool, dark place for 7 days.

Taste the oil, and if it’s not infused strongly enough to your liking, leave for up to another 7 days.

When the oil is sufficiently infused with the thyme, use it to drizzle over salads, pasta, crusty bread, or anything else it goes well with.

If you won’t be using it up within a few days, strain out the thyme and pour

the oil into a new jar or bottle.

## CONCLUSION

As you work more and more with herbal magic, you will develop a natural affinity with these marvelous plant beings that have been with magic users since the beginning of time.

As you expand your practice, if you find yourself overwhelmed by the possibilities, you might try an approach similar to the structure of this book. Simply “adopt” one or two new herbs at a time, working a few different spells with them before moving onto the next. Just be sure to research any herb you’re unfamiliar with before using it for any purpose, to prevent any possibility of accidental harm due to toxicity.

And don’t forget that books, online resources and herbal experts are not the only sources of information about herbs. The plant kingdom itself can communicate with you directly, if you’ll only listen.

Enjoy following your path with herbal magic, and Blessed Be!



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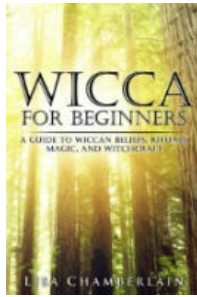
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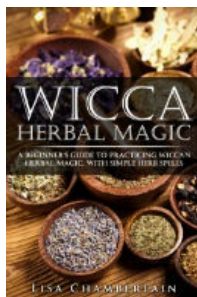
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Your feedback will help me to make improvements to this guide, as well as writing books on other topics that might be of interest to you. Hopefully this will allow me to create even better guides in future!

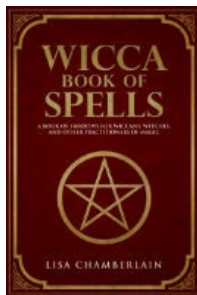
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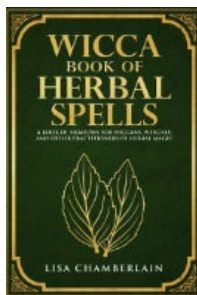
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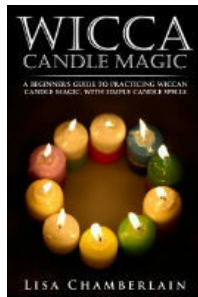


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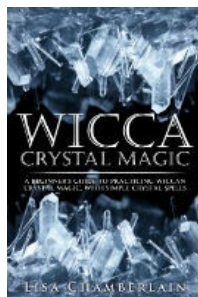


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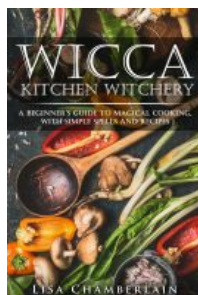
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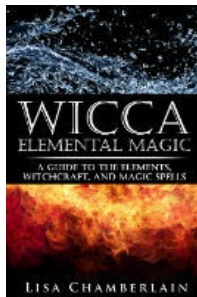


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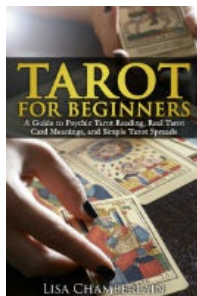
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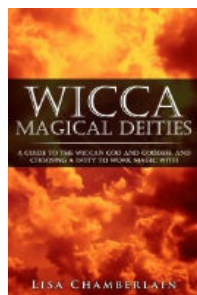
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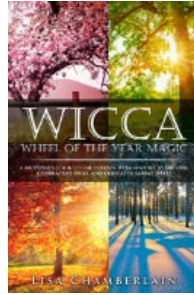


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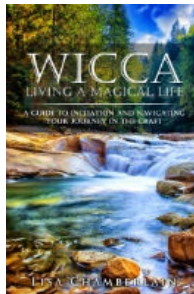


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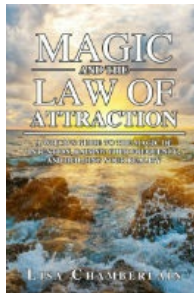
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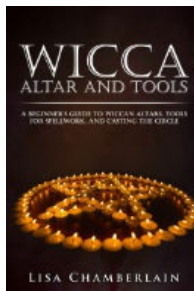
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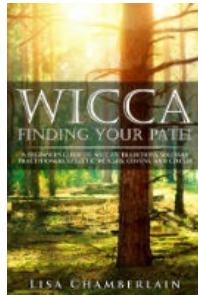
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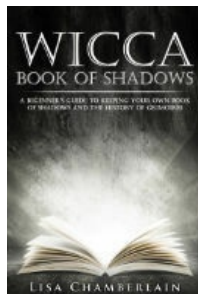
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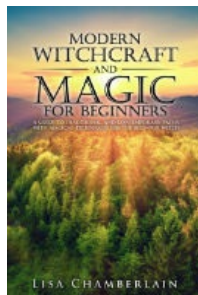
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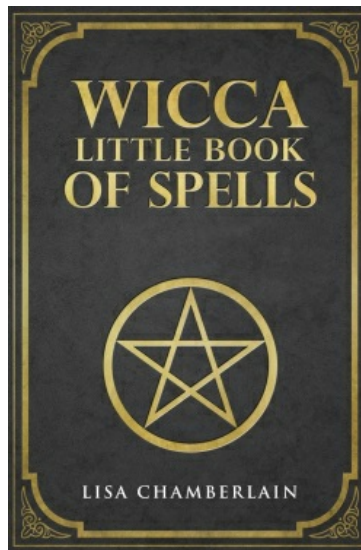


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## FREE Gift Reminder

I'd hate for you to miss out, so here is one final reminder of the free, downloadable eBook that I'm giving away to my readers.

*Wicca: Book of Wiccan Spells* is ideal for any Wiccans who want to start practicing magic. It contains a collection of ten spells that I have deemed suitable for beginners. [You can download it by clicking here](http://www.wiccaliving.com/bonus). I hope you enjoy it.



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